SANDOW'S PHYSICAL CULTURE MAGAZINE.

Vol. XVI.
No. 25.

JUNE 21, 1906.

2D.

A One-Time Sandow Demonstrator in England, now a Teacher of Physical Culture in South Africa (note the extraordinary Thigh Development).

Digitized by Google

GAMAGE'S.

EVERYTHING FOR CRICKET.
Complete Outfitting a Speciality.
THE LARGEST EXHIBITION OF BATS IN LONDON.

Over a thousand to select from! Buy now and take your choice!!!

A New Speciality: Gamage's "Australian." — Choice blade, patent leather and pneumatic rubber grip treble spring handle, giving enormous driving power, *21/-* post free.

The Famous "Gamage" — A Bat with a reputation. Great driving power, selected light willow. Every Bat warranted. *18/6* each. Youths' size, *15/6*.

The "A.W.G." — A beautiful Bat, skilfully modelled. Combination rubber and cane handle, *10/6*.

The "Yorkshire Driver," — Patent spring handle, warranted *14/6*.

The "Club."—All cane handle, *8/11*.

FOR SHIRTS, FLANNEL, TROUSERS, etc., see list.

CRICKET BALLS.

Gamage's "Referee." — Warranted 3-seam leather, *4/6*. Youths' match size, *4/-* each.

Gamage's Celebrated "Australian."— Silk and gut sewn, warranted *5/-*, postage, 2d.

The "Club," 3/6. Youths', *3/1*. 3-Seam Leather Practice Balls, *2/-* Composition Ball, *10d.* Practice, *6d.* Boys', *4d.* M.C.C. Regulation, *1/9*.

LEG GUARDS.

White Buck, with continuous straps	*5/11*
Youths' size	*5/6*
Men's White Drill Guards	*3/6*
Youths'	*3/3*

WICKETS.
Polished ash, superior brass tops, steel shoes, *4/11*. Youths' size, *4/6*.
Large Range at all prices, from *10½d.* upwards.

THE SPORTSMAN'S GUIDE, OUR CATALOGUE, SENT POST FREE.

THE 1906 "GAMAGE"

THE CYCLE OF THE SEASON!!!

Our New List of 'Gamage' Cycles explains everything. Post Free to any address.

Built for the Rider who has ideas about a Good Machine.

A Model containing all the latest improvements yet placed before the Public at a price which will be appreciated by all.

Fitted with Dunlop Tyres, Hyde Free Wheel and the new Roller Rim Brakes (the most perfect Brakes invented). Delicate Action. Great stopping power. Finish, Best Black Enamel, gold lines, all Bright Parts heavily Plated on Copper.

£7 15s. or 12 Monthly Payments of *13/7*.

Fitted with Fagan Two-Speed Hub, the new Roller Rim Brakes, Dunlop Tyres, gold lined and plated rims.

£9 10s. or 12 monthly payments of *16/7*.

With three-Speed Gear, **£10 10s.** cash, or 12 Monthly payments of *18/6*.

A. W. GAMAGE, Ltd., Holborn, London, E.C.

Digitized by Google

LEARN TO SWIM ! !

You never know when it may be useful.———

WITH **WATER WINGS**

The aid of a teacher is unnecessary; one cannot sink when wearing them

Easily adjusted,
Made of High-Grade Rubber.

NO SWIMMING OUTFIT COMPLETE WITHOUT THEM.

PRICE 2/6 POST FREE.

Apply SANDOW'S MAGAZINE Co.,
131 Temple Chambers, London, E.C.

SHILLING ATHLETIC SERIES . .

Bound in Cloth, fully Illustrated.

ANGLING In Rivers, Lakes and Sea. By W. M. Gallichan.

These hints have been written for the young fisherman and novice, but the experienced angler will find many little wrinkles in its pages.

CRICKET By C. B. Fry, Ranjitsinhji, Jessop, Townsend and Brann. Edited by Gilbert L. Jessop.

The names of the various experts, whose views are embodied in this work, is sufficient guarantee as to its usefulness.

ROWING By W. G. East **(His Majesty's Bargemaster).**

All the instruction and advice offered in these pages is the outcome of long practical experience and success.

SWIMMING **By Montague Holbein.**

After a perusal of this book, and armed with the necessary confidence, it will only be a matter of hours for anyone to be at home in the water.

WALKING By C. Lang Neil, with contributions by W. J. Sturgess and W. Griffin.

A most useful hand-book for pedestrians.

All the above works, Price 1/2½ post free, can be obtained from **SANDOW'S MAG. Co.,**
131 Temple Chambers, Temple Av., London, E.C.

VARICOCELE

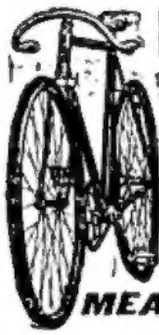
An Absolute, Simple, and Safe Cure—which can be taken by everybody, and which does not interfere with the daily occupation of the sufferer—is offered **Free of Charge** by the Rev. Thomas Stone. Thousands of grateful letters have been received from former sufferers of **Nervous Debility** and all the various complications which arise from a **Debilitated Constitution,** saying how thankful the writers are for the boon of health after suffering the extreme agonies which they had brought upon themselves.

All the diseases and ailments peculiar to men and women are treated by this prescription with certain success. It is a guaranteed cure, which has stood the test of being used in the most severe cases with the most gratifying results, curing sufferers who had searched in vain for years for relief from their miseries. Some of the diseases cured are:—**Lost Manhood, Youthful Imprudence,** Exhausted Vitality, Premature Decay, Weakness, Loss of Energy, Loss of Vital Power, Seminal Weakness, Dimness of Sight, Noises in the Ears, Impotence, Despondency, Melancholy, Evil Forebodings, Wasting Decay, Pains in the Loins, Pimples and Eruptions on the Face and Body, Loss of Memory, Confusion of Ideas, Palpitation of the Heart, Frightful Dreams, Emaciation, Fœtid Breath, Brain Fag, Nervousness, Low Spirits, Timidity, **Varicocele,** Spermatorrhœa, Kidney and Liver Complaints, Diseases of the Bladder, Weakness of the Genital Organs, and all Diseases of the Urinary Organs, &c., &c. Write to-day and receive the same benefit which have been bestowed upon so many thousands of sufferers, and for which they deem me their best friend. So that sufferers may test the excellence of this great medicine, I will send a

Free Sample

of it to all who write to me for one. Do not delay, but write at once, be cured, and change your life to one of enjoyment, brightness, happiness, health and strength. Send stamped addressed envelope to **Rev. Thomas Stone, The Limes, Kemp Town, Brighton, England.** Name this paper.

Digitized by Google



FREE TO ALL CYCLISTS.

Send us your name and address and you will receive by return, Free, Post Paid, our **BIG ART BOOK**, the finest ever published, which is of interest to every rider. This Book contains large handsome **Photo Engravings**, including beautiful country scenes, and describes every detail of the manufacture of a high-grade Bicycle, with all the latest 1906 improvements; it shows you the difference between **high-class work** and cheap construction. You cannot afford in your own interest to be without it.

WITH THE FREE ART BOOK you will receive the most liberal and marvellous Bicycle offer ever made by any cycle manufacturer or dealer, explaining how we are able to send you a cycle, **guaranteed six years, packed free** and **carriage paid** direct from the factory for your inspection and approval **without one penny deposit**; how we can sell the highest grade Coventry cycles direct from the factory at less than manufacturers' prices; how we are able to let you ride the cycle Ten Days and give it every **trial** and **test** you wish before your purchase becomes binding—all are fully explained in our latest proposition, which will be sent **you** free, post paid. Whether you are a cyclist or not, it will interest you. Write or call to-day. **Open** evenings till 9.

MEAD CYCLE CO. Dept. 239A **Liverpool**: 91, *Paradise St.* **London**: 19, *Charing Cross Rd.*
Glasgow: 108, *Buchanan St.* **Dublin**: 187, *Brunswick St.* **Manchester**: 163, *Deansgate.*

MENTAL DEPRESSION

Its Cause and Treatment

Based on Modern Medical Reform Science and Successful Practical Experience.

Lucidly explained for the purpose of **SELF-TREATMENT WITHOUT MEDICINE**

By RICHARD J. EBBARD,

Author of "Will Power," "Life-Giving Energy," "The Bedrock of Health," "Dyspepsia and Constipation," &c., &c.

This book will prove a boon and a blessing to all who are the victims of symptoms of Mental Depression, especially to those whose occupation is of a sedentary character, and who are therefore subject to Indigestion and Dyspepsia. Its style is clear, concise and free from the intricacies of pretentious and expensive works; moreover, its price places it within the reach of all.

Price 2s. 9d., Post Free.

Apply SANDOW MAGAZINE Co. (Library Dept.), TEMPLE CHAMBERS, LONDON, E.C.

Are we a Declining Race?

By WALTER HUNT.

The question of degeneration is forcing itself more upon the notice of the thinking people of this country, and signs are not wanting that the public mind is becoming greatly disturbed about it. The above work deals most thoroughly with the causes, and is a most instructive treatise on the subject.

Price 1s. 2d. Post Free.

SANDOW'S MAGAZINE Book Dept., 131, Temple Chambers, London, E.C.

The Athletes' Picture Gallery.

3 Beautiful Poses of **EUGEN SANDOW** Reproduced on Art Paper.

SUITABLE FOR FRAMING.

Consisting of—

Sandow in the Arena, Sandow showing Arm Development and a Splendid Head and Shoulders Portrait, in ordinary dress, with facsimile signature of the Editor.

Price **6d.** Post Free.

Apply **SANDOW'S MAGAZINE, 131 Temple Chambers, London, E.C.**

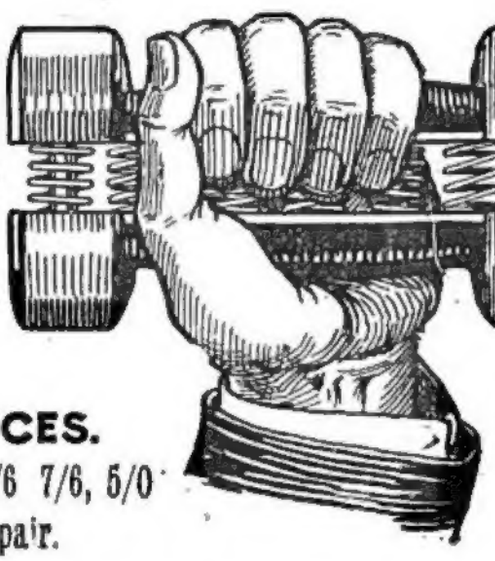
Digitized by Google

SANDOW'S

SPRING GRIP DUMB BELLS

FOR MEN & BOYS.

FOR LADIES & GIRLS.



PRICES.
12/6, 10/6 7/6, 5/0
per pair.

CHART OF EXERCISES with each pair.

THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

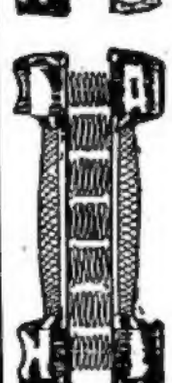
When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.

The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **One pair will suffice him for all time.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"Grip" Dumb-bell,** upon the merits of which I need not enlarge.

I have always taught that muscle is developed **by will-power,** not by mechanical movement, and the simple principle of this latest invention is, by calling forth a **continual Exercise of will-power, to obtain results impossible with any previous Dumb-bell.**

Yours faithfully,

EUGEN SANDOW.



The Dumb-bells can be had from Athletic Outfitters, Sporting Goods Dealers, and Our Agents throughout the World, as well as direct from The

Sandow's Grip Dumb-bell Co.,

SANDOW HALL, SAVOY STREET, LONDON, W.C.

Digitized by Google

PLASMON

A concentrated nutrient containing all the necessary elements for renewing muscle, brain, and nerves.

All Chemists, Grocers and Stores.

Weak Constitutions

would be better with less medicine and more common-sense care. Clean, open pores do a silent work, indispensable to health. A pure linen undergarment, mesh woven, by quick absorption and ventilation, keeps the skin dry, and the pores open. Wool positively will not.

EMPIRE

LINEN MESH UNDERWEAR

is made from pure Irish Linen Yarns. It has no competitors.

Ask your outfitter or send for booklet No. 4. Price List and Samples with name of nearest Agent, post free from *The Irish Linen Mesh Co., Cathedral Buildings, Belfast, Ireland.*

STRENGTH and How to OBTAIN IT.

By EUGEN SANDOW.

With Anatomical Chart, showing the Exercises for Physical Development of

MEN, WOMEN AND CHILDREN.

3rd Revised Edition. *FULLY ILLUSTRATED.*

The work embraces the renowned athletes' simple method of Physical Culture for

The Home, the Gymnasium and the Training School.

PRICE **2/9** POST FREE.

BODY BUILDING; Or, Man in the Making.

The above author's latest work, containing in addition to full instructions for Healthy Exercises a number of beautiful poses of the author printed on Art Paper; these in themselves are worth the cost of book.

PRICE **1/2½** POST FREE.

Apply SANDOW'S MAGAZINE (Book Dept.), 131, Temple Chambers, London, E.C.

Digitized by Google

Contents.

NOTES FROM MY NOTE-BOOK. By THE EDITOR 769
METHOD AND EFFORT.—THE ESSENTIALS TO PROGRESS. By H. S. HOPKINS 772
MASTER YOUR STOMACH 773
ARTICLETTES 775
THE FOOD LONDONERS EAT 776
THE MAKING OF A STRONG MAN 780
A NIGHT OUT. By ALBERT DE SANDE JONES (S.M. Readers' Club Medallist) ... 783
HOW THE MIND INFLUENCES THE BODY, AND VICE VERSA. By "A MENTAL SPECIALIST" 785
HOW TO GET WICKETS. By WILFRED RHODES, in the *Daily Graphic* 786
INNS OLD AND NEW 790
PATENT MEDICINE DRUNKARDS 791
HOW TO GET FELLOWSHIP MEDALS 791
TIPS FOR TENNIS CHAMPIONS 792
IN THE ARENA OF SPORT 793
READERS' CLUB 794
HINTS FROM SANDOW AND ANSWERS TO CORRESPONDENTS 798
OUR READERS' LIBRARY 800

DR. FOOTE'S
HOME ENCYCLOPEDIA.
New, Thorough and Practical.
Over 400 Illustrations.
Including 18 full page colour plates.
Should be in every home.
Price 8s. Postage 4d. extra.
Apply Book Dept.,
SANDOW'S MAGAZINE,
131, Temple Chambers, E.C.

DELICIOUS COFFEE.
RED WHITE & BLUE
For Breakfast & after Dinner.

Cameras for the Holidays

Having entered into an agreement with one of the LARGEST MANUFACTURERS OF CAMERAS IN THE WORLD there is now a—

RARE OPPORTUNITY

For Amateurs to purchase high-class machines at

EXCEPTIONALLY LOW PRICES.

The ATHLETE.

This machine takes 12 plates or 24 Films 3¼ by 4¼.
Packed in box with book of instructions.

PRICE - - - 25/- post free.

Specification.

BODY—Mahogany, front interior polished

FRONT DOOR opens for adjusting shutter or cleaning lens.

LENS is of large diameter, single achromatic meniscus, best quality.

SHUTTER—New patent design, mounted on aluminium plate, having very large aperture and fine adjustment to speeds, gives both long time, bulb and instantaneous exposures.

SPEEDS are marked approximately 1-100, 1-50, 1-25, 1-10, ½ and 1 second.

DIAPHRAGMS are *f*/8, *f*/11, *f*/16, *f*/22, and *f*/32, adjustable iris movement.

MAGNIFIERS for objects at 4, 8 and 12 feet.

FINDERS are the finest brilliant pattern.

SHEATHS are very easily loaded with plates or films.

CHANGING MOVEMENT—New infallible pattern, SHEATHS INSERTED IN ANY ORDER.

AUXILIARY DOOR—Patented in Aluminium, fitted in the back, to prevent unexposed plates falling out when back of camera is opened.

RECORDER gives number of plates exposed up to 24.

COVERING is handsome Morocco-grained leatherette.

SCREW is supplied for fixing to tripod.

THE TEMPLE.

PRICE 12s. 6d., POST FREE.

Fitted with Patent Auxiliary back door, and magnifies, takes six plates or twelve films, 3¼ by 4¼, covered in handsome Morocco grained leatherette. Best quality Achromatic-view lens. Magnifies revolving objects at 4, 8, and 12 feet. Time and instantaneous shutter. Recorder showing number of prints exposed.

The above goods are carefully tested before despatched, and for value cannot be beaten at the price.

Apply **Sandow's Magazine** (Appliances Department)
131 Temple Chambers, LONDON, E.C.

Digitized by Google

(Est. 1898). VOL. XVI. No. 25. JUNE 21, 1906.

SANDOW'S MAGAZINE

...OF...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

NOTICES.

ADDRESS.—131, Temple Chambers, Temple Avenue, London, E.C.
Telephone: 3436 Central.
NOTICE.—Business Letters should be addressed to the Manager, Editorial Letters to the Editor. Cheques, Money Orders, and P.O.'s should be made payable to FRANK PINK, and Crossed "London and County Bank."
PUBLISHING DAY.—Every Thursday.
SUBSCRIPTION.—Annual Subscription, 10s. 6d.; Half-year, 5s. 6d.; Quarter, 3s.
EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution must bear note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I commented last week on the doubtful quality of the meat purveyed for human food in this country, but I certainly did not expect my remarks to receive such a forceful and emphatic endorsement as they have done from no less an authority than Dr. Cooper, M.P., who was for several years chairman of the London County Council's Public Health Committee. "If the truth," said Dr. Cooper to a newspaper representative, "were known about the preparation and condition of the food eaten in this country, the British public would have an unpleasant shock."

o——o

Judging from some of Dr. Cooper's assertions, quite a similar state of affairs as that described in Mr. Sinclair's remarkable novel, "The Jungle," is to be found in this country as in Chicago. Dr. Cooper, speaking out of a wide experience, specifically declares that many establishments that place prepared meats on the market in England would have to shut down immediately if the public could only see inside. Some of them, indeed, can only be conducted under the "offensive trades" section of the Public Health Act, and *very* offensive, he adds, they are. In fact, everything goes into the tub to be turned out as some kind of eatable.

o——o

The state of things in the matter of butchers' meat is equally unwholesome. In the smaller slaughter-houses meat is often hung up to cool in most unhealthy places, where it is liable to pick up all kinds of dirt and disease germs. Dirty men carry the meat on dirtier vehicles. It is no uncommon sight in the streets of London to see dirtily clad men and boys sitting and spitting on the raw meat. Imported meat frequently goes bad through fogs and other causes of delay. In fact, Dr. Cooper makes the emphatic declaration that "tons of unhealthy meat are placed on the London market every week."

Digitized by Google

The reason of all this is, as I declared last week, a faulty system of food inspection. In that model republic, Switzerland, for instance, all slaughter-houses are controlled by the Government. In Germany, meat inspectors have to go through a two years' scientific training in meat inspection alone. This official, too, generally qualifies as a veterinary surgeon and physician as well. The result is that you do not get anything like the same amount of unsound meat on sale in Germany as you get in this country. The use of boric acid as a preservative is also too extensive for the general weal. Large quantities of tripe sent to England from Chicago are put in barrels of boric acid, and when the tripe arrives here it has to be allowed to lie in water for hours, in order to draw out the stuff it has absorbed.

o——o

The whole system of food inspection, especially in London, is at fault. It will, in the first place, be necessary to make the central body—the London County Council—responsible for inspection. The central body should be supreme in the matter of milk supply and public restaurants. The condition of things in the kitchen of many cookshops and hotels in London is disgusting. They are nearly all underground, and some have not been whitewashed since they were built. Food that previous customers have left on their plates is served up afresh in another form, or put into the soup. In short, Dr. Cooper declares that "no one would dine in certain foreign restaurants after a glimpse at the kitchen," and I myself have seen a popular Italian restaurant where the kitchen adjoined the lavatory, both being underground.

o——o

The English people, though notoriously good livers, are a careless race, and pay little attention to detail. There is the important question of milk supply, the food of the race of the future, which also wants stricter regulation and control. In face of the recent meat scandals, the *British Medical Journal* advises recourse to wholesome British food products, but it adds, "omitting milk until such time as the President of the Local Government Board finds leisure to reform the defective administration of the law with regard to the home milk supply."

o——o

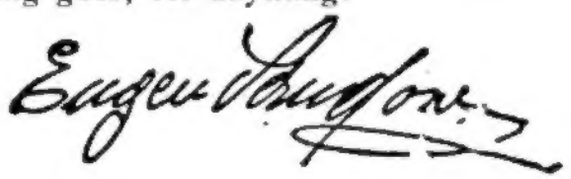
Professor Long, the well-known agricultural expert, makes a startling series of charges against the present system of milk provision. In a long letter to the *Daily Mail*, he states that milk is handled under unhealthy conditions, both on the farm and in the retailer's shop. Samples are taken which are crowded with millions of germs, many of which are of a dangerous character.

o——o

What young man in a stuffy office or factory would not enjoy and be benefited by such a course of training as the men at present under Colonel Pollock at Hounslow Heath are undergoing? The youth who doesn't envy them isn't worth his salt. Here are a typical week's orders:—7 a.m., running drill with rifles, free gymnastics, physical drill with arms or bayonet fighting; 9 a.m., squad drill and rifle exercises; 10.15 a.m., one section musketry practice on barrack range; 11 a.m., one section judging distance or range finding, two sections company drill; 12.5 p.m., lecture; 1.45 p.m., signalling; 2.40, gymnasium. This is the routine on Monday, Tuesday, Thursday, and Friday, with the addition of night outposts at 8.45 p.m. on Friday. Wednesday is a half-holiday after parade in marching order at 11 a.m., and after inspection of barracks at 10 a.m. on Saturday the men may leave camp until Sunday night.

o——o

The men comprising Colonel Pollock's "Pets," as they have been facetiously called are of all sorts and conditions. A parson's son, as Mr. Maxwell, the *Daily Mail* correspondent, has put it, rubs shoulders with a street urchin; a professional "strong man" has for comrade a waiter from a London club; a second horseman of hounds stands in the ranks with a sturdy gardener. And at the end of their training, these men will have received the best education they could possibly have obtained, and be fit, as the saying goes, for anything.



Digitized by Google

THE EDITOR.

METHOD AND EFFORT—The Essentials to Progress.

By H. S. HOPKINS.

*[Helpful contributions from Readers are invited, who can in this way, as well as by the relation of "Experiences," become entitled to the Fellowship Medal.—*THE PRESIDENT.]

HOW often is a youth counselled by his parents or elders not to attempt the impossible? But I am not in sympathy with this advice, having found from experience that it will tend to deaden rather than develop the faculties of enterprise and progress lying within that youth. If he is clear-minded and possessed of buoyant —and, maybe, superabundant—health, he is awake to a sense of advancement upon every side, and he is not slow to realise that unless he makes a whole-hearted effort to keep pace with the rest he must, figuratively speaking, remain on the bottom rung of the ladder of fame. But thought for this already over-crowded position finds no room in his imagination; he aspires to great things, and sets his mind upon their accomplishment.

Persistent endeavour is the sole method by which obstacles are overcome, however insurmountable they appear. Electric cables and wireless telegraphy have taken the place of human transmission of messages, etc., as an outcome of a concentrated effort to accomplish the formerly impossible.

Precisely as great—or greater—an effort is applicable in the instance of young men, growing youths, and boys, with regard to their physical welfare. Place the culture of your muscles upon an equal plane of importance with that of the mind, remembering that a state of physical and mental perfection can alone enable the body to be a fit dwelling for the soul.

If you are a boy of sixteen or seventeen, you are, perhaps, slim, and possessed of an almost imperceptible development, although your body may be fairly symmetrical and you are capable of pressing a four-strand expander, whilst a youth aged from seventeen to twenty, and apparently of heavy build, may be quite incapable of exceeding three strands, or, at the very best, can do no better than yourself. By means of this illustration I want to make clear to you what has so often been said before, that size of muscles does not necessarily denote strength of muscles. This combination of size with strength is dependent upon the method by which development is attained.

Some advocates of physical culture tell us that muscle quickly built is not serviceable. Here, again, method applies. Nothing hastens development so much as weight-lifting, and if a prolongation of the capabilities enhanced by that development are to be ensured, then the will of the aspirant must be equally concentrated upon the perfect control—and therefore correct employment of the muscles and the manipulation of the weight. In numerous cases the main point is to see the weight go up, or the strands extended, *somehow*; this is effort without method, and though size of muscle is the result, they are, nevertheless, non-serviceable when compared with those of the methodical culturist, by reason of the fact that concentration played no part in their development. You can only hope to press six strands by attempting two first of all. That six are beyond you to-day carries us back to the opening words of this article, clearly proving that we should not be content with that advice, and that the impossible to-day is possible to-morrow if only method and effort be brought to bear upon the undertaking. The more shells driven home into a ship the less formidable she becomes to her enemy. In like manner the greater your efforts to accomplish your purpose the easier becomes your task. Great reforms are not wrought in a minute, yet many become discouraged if results are not immediately manifested. At times you may think you are not progressing, but encountering a succession of

difficulties proves most forcibly that you *are* progressing. Troops on active service only meet with obstacles when pushing forward.

Effort is a mystic force with which all are endowed to a great or less degree, but which many seldom employ; in some cases through lack of energy in employing that force when necessary, and in others for want of knowledge to employ it for the best possible results. In such it lies there dormant, keenly susceptible to development, and the first and each succeeding time it is determinedly requisitioned, the more readily will it respond in the future.

Compare, for a moment, muscle with effort and observe the similarity in the treatment required by them. Primarily their interests are mutual, both calling for cultivation, and concentration in the process. You cannot exercise practical effort without possessing a sound body, therefore cultivate the body and so befit yourself for attempting, and ultimately surmounting, the innumerable obstacles which we must all encounter.

Assuming the uppermost rung of the ladder of success is beneath your feet in so far as physical progress is concerned, Dame Fortune now whispers in your ear "You are capable—attempt and overcome," taking it for granted that you are prepared to combat further failure, a word which is not written in her dictionary if she has one. Remember that each effort enhances the realisation of your highest ideals, and will in time carry you beyond them. And so attempting again and again whatever good and noble thing you aspire to, the justification of the letters "im" to prefix the word "possible" will be lessened, finally to fade into nothingness, leaving only the possible for you to easily accomplish. If you are weak now, lay hold upon method and effort, and then throw your whole heart into a pursuit of physical culture, and naught can hinder your success.

And has it ever occurred to you that the true aspirant to physical beauty learns at the outset to foster a sense of respect for his body? This sense soon develops into one of admiration, and finally into nothing short of affection for the superb proportions of his physical being.

When this latter exhalted state has manifested itself within you, you will, by natural instinct, extend that affection to others, be they among your acquaintances or not. Direct them along the road you have traversed yourself, a rough one true, yet leading to ultimate success, saying "Go and do likewise." In time they will share your exuberant standard of physical refinement, and then you and they alike will be rewarded with the words of the Maker of the body created for human cultivation, "Well done, good and faithful servant."

MASTER YOUR STOMACH.

But Don't Let It Master You.

HE was a dyspeptic, and he had tried in every way to humour his stomach into sweet reasonableness. At last in despair he decided to play to its moods no longer. He said more in sorrow than in anger:—"I have humoured you for many years. I have coaxed you, coddled you, petted you. I have gone hungry to please you. I have swallowed bad-tasting medicines on your account. I have been your servant—but now I am through.

"From this time I will eat what I please and drink what I please. If you protest I shall ignore you. Hereafter you are the servant, I am the master. Now make the best of that!"

The man with the stomach smiles pathetically at that, but there is much truth in the old dyspeptic's verdict. It is a mistake to keep on for ever holding out crutches to an infirm stomach. At times, it is necessary to let it work out its own salvation. In a recent number of *McClure's Magazine*, Dr. Woods Hutchinson has an amusingly written but eminently sensible article on "Diet Delusions," and we advise every dyspeptic to read it. Here is a brief extract:—

Every imaginable experiment upon

what would and what would not support life must have been tried thousands of years ago, says Dr. Hutchinson, and yet our most striking proofs of how highly men value their "precious right of private haziness," as George Eliot shrewdly terms it, are to be found in the realm of dietetics. The "light that never was on sea or land" still survives for the most matter-of-fact of us in the memory of the cakes that mother used to make, and nowhere else do we find preferences so widely accepted as evidence, and prejudices as matters of fact, as in this arena. In fact, if we were merely to listen to what is said, and still more to read what is printed, we would come to the conclusion that the human race had established absolutely nothing beyond possibility of dispute in this realm.

WHEN THE DOCTORS DISAGREE.

Every would-be diet-reformer, and we doctors are almost as bad as any of them, is absolutely certain that what nine-tenths of humanity find to be their food is a deadly poison. One philosopher is sure that animal food of every description, especially the kind that involves the shedding of blood, is not only absolutely unfit for human food, but is the cause of half the suffering and wickedness in the world. Another gravely declares that the only thing which above all things is injurious is salt. Another takes up his parable against pork. Still another is convinced that half the misery of the world is due to the use of spices; and one dietetic Rousseau proclaims a return to very first principles by the abolition of cooking.

Another attacks the harmless and blushing tomato, and lays at its door the modern increase of cancer, insanity, and a hundred kindred evils; while Mrs. Rohrer has gently but firmly to be restrained whenever the mild-eyed potato is mentioned in her presence.

There is almost an equally astonishing Babel when one comes to listen to the various opinions as to the amount of food required. Eighteen grave and reverend doctors assure us that over-eating is the prevalent dietetic sin of the century, while the remainder of the two dozen are equally positive that the vast majority of their patients are underfed. One man preaches the gospel of dignified simplicity on one meal a day and one clean collar a week, while the lean and learned Fletcher declares that if we only keep on masticating our one mouthful of food long enough, we shall delude the stomach into magnifying it into ten, and can dine sumptuously on a menu card and a biscuit.

INSTINCT FAR SUPERIOR TO REASON.

Fortunately, when it comes to practice, philosophers, reformers, and doctors alike have about as much influence here as they have over conduct in other realms—and that is next to none at all. The man in the street follows his God-given instincts and plods peacefully along to his three square meals a day, consisting of anything he can find in the market, and just as much of it as he can afford, with special preference for rich meats, fats, and sugars.

Here, as everywhere, instinct is far superior to reason, and a breakfast diet of bacon and eggs and strong coffee has carried the white man half round the world; while one of salads and cereals, washed down with a post-prandial subterfuge, would leave him stranded, gasping, in the first ditch he came to.

All the basal problems of dietetics were, by the mercy of heaven, settled long ago in the farmhouse kitchen, in the commissary department of the army in the field, in the cook's galley amidships, and in the laboratory.

There is little more room for difference of opinion upon them than there is about the coaling of engines. Simply a matter of size of boiler and fire-box, the difference in heating power and ash between Welsh and Australian, and the amount of work to be got out of the machine, multiplied by the time in which it is to be accomplished.

Dr. Hutchinson proceeds to give reasons why spices do *not* heat the blood, why pork is a most excellent food, why fish is no better for the brain than other things, why vegetarianism is a mistake and so on. His principal caution is not to eat in a hurry; his principal advice is, virtually, to eat whatever seems to agree with you.

ARTICLETTES.

A Plea for Poor Children.

"One looks wistfully for a general recognition of the fact that it is exactly the poorly fed, ill-clad, and therefore imperfectly educated children of to-day who become the ignorant, stupid, slovenly parents of to-morrow."

So says the Countess of Warwick in a pamphlet entitled "A Nation's Youth; Physical Deterioration; its causes and some remedies."

Regarding free meals the Countess holds firm views.

"When we consider the facts, how pitiful do some of the stock objections appear!" she exclaims. "Indeed, in view of those facts is it possible to doubt that not only the sense of 'parental responsibility,' but all the qualities of which such a sense is typical, would best be fostered by rearing a complete generation sufficiently nourished and clad to benefit by its education?

CHILD LABOUR.

"Money spent on feeding alone, giving us thereby a race of healthy barbarians, would be bringing a better national return than money spent on teaching alone, from which we may expect a race of spectacled and anæmic degenerates.

"Having buttressed 'family life' on the sure and sound foundation of ill-nourished childhood," the Countess says in speaking of child labour, "we are now asked to rear an edifice of commercial supremacy on cheap, immature labour. Not a pen of gold nor a voice of silver seems able to bring home to some minds the fact that our deadliest competitors are not those who rely on immature and untrained labour, but those who best equip their workers for a place in the nation's workshops.

"The effects of sustained mechanical labour or exhausting drudgery upon boys of from twelve to sixteen years are exceeded by the injury to those who are to be mothers and nurses of future workers."

THE NATION'S CHILDREN.

The author pleads, too, for a long school life "in the interests of the development of mind and character."

The two reforms run on all fours. That they would be expensive is evident; but we are an extraordinarily rich nation, and have ample funds for such purposes.

"Bad housing, insanitary conditions, a defective or injurious milk supply, are," says the Countess, in conclusion, "serious evils affecting young lives in particular. So also is the employment of women too late before, and too soon after, child-birth.

"Children, after all, are primarily the children of the nation, and that it is the nation's first concern to secure their health and well-being, if possible through their parents, of course, but if not so, then by whatever other means which seem most feasible."

Perfect Men and Women.

Sanctioned by the unofficial patronage of the U.S. Government, it is said that a determined and exhaustive experiment is now being made by the American Breeders' Association to create a more virile and higher type of American men and women through the medium of properly selected persons.

The experiment originated with Assistant-Secretary Hays, of the Department of Agriculture, and is based on the remarkable results accomplished through the proper and scientific breeding of plants and higher forms of animal life.

It is stated that the basis of the experiments will rest upon the uniting in marriage of American men and women who are perfectly adapted to each other in interests, ideals, and agreeable environment.

Secretary Hays has already written to over a score of the most eminent scientists and physiologists in England, asking their assistance in his work.

Mr. Hays thinks that by such scientific investigations great improvements in health may be made.

Babies at Drill.

Miss K. Bathurst, late inspector under the Board of Education, makes some startling charges against the methods of physical training at present employed in some schools.

"Within the last three years," she says, "I have found more than one infant class where children of from three to five years of age were put through some of the exercises considered necessary for recruits, and in a mixed school in Oxfordshire I was welcomed with a military salute by all the little girls.

"The provision of dumb-bells weighing three ounces for babies of three years old, and of others weighing six ounces for children of six years old, is so manifestly mad, that, on discussing the matter with the teacher, I found great sympathy with my views, and much willingness to introduce free play, running and jumping, in place of military drill for infants; their difficulty was invariably due to lack of freedom.

"The men inspectors required drill; it had been recommended or praised as the case might be in the last report; what would be said in the next report if the babies were not drilled?"

Fortunes in Quackery.

At the present time in Great Britain there are no less than 40,000 makers or vendors of patent medicines, and these patent medicines are computed to supply a revenue of £3,311,000 to the State. The patent medicine dealer reaps his harvest from so-called incurable disease. Consumption cures, cancer cures, epilepsy cures, paralysis cures, make up the large majority of patent medicines.—*Hospital.*

THE FOOD LONDONERS EAT.

Forty per cent. of London's Meat American.

ALL the London daily papers have recently been full of the Chicago food scandals. The question is how is London affected in this matter?

A Smithfield meat inspector declares that forty per cent. of the meat sold in London is American, and much of it, he informed an *Evening News* representative, arrives in such a state as to prevent any adequate inspection.

"American carcase meat," he continued, "is at least as free from disease as English. We see all English meat killed here, good and bad, and of course it is only selected American meat that is sent over. There is no suggestion that this class of meat is doctored.

"But with boxed meat it is different. It comes over in a compact frozen block. All bones, glands, etc., are removed, and it is impossible to say whether it is diseased or not.

"If we detain it long enough for it to thaw, the Americans accuse us of spoiling their market. In fact, we have no authority to do so.

"Pigs, also, are frozen high, and the plan offers many facilities for faking, as inspection is impossible. In so-called pork trimmings we find muscles that could not possibly be there if the material was only that obtained by trimming quarters. Sausage-meat is not a very large item, but in it everything is obliterated, and no one can tell what it is made of.

"Reports have been made to the Government time after time, but they have been unwilling to act, stating that it is purely a trade matter. On the contrary, it is a matter that keenly affects the health of this country.

"Now, however, Dr. Buchanan, Medical Inspector for the Local Government Board, is holding an enquiry into the importation of boxed meat, and the Corporation is enquiring into the question of frozen pigs. Unless better guarantees can be obtained from the other side, the importation ought to be entirely stopped."

SUPPLYING THE ARMY.

One of the leading Chicago packing-houses, the Morris Beef Company, has been selected by the Government to supply beef and mutton to troops stationed in various parts of the country, including the whole of London, from June 1 to November 30. British firms regard it as very unfair that Government contracts such as this should be awarded under any circumstances to foreign firms, who are enabled through the enormous resources of the beef trust to undersell them.

Mr. Rhodes, manager of the company's stalls in Smithfield Market, told the *Evening News* representative that all the meat would be killed in this country. "As regards conditions of cleanliness, etc.," he said, "I think you will find American meat compares very favourably with Scotch meat."

The occasion is being seized by the New South Wales Government to call attention to the excellent tinned meats supplied by our own colonies. At the offices in Cannon Street there is a display of Australian canned meats that, it is claimed, surpass anything produced in America.

"The Sydney Meat Preserving Company is the largest mutton preserving business in the world," said the manager. There are also the Ramornie Company, which preserves beef, and other companies.

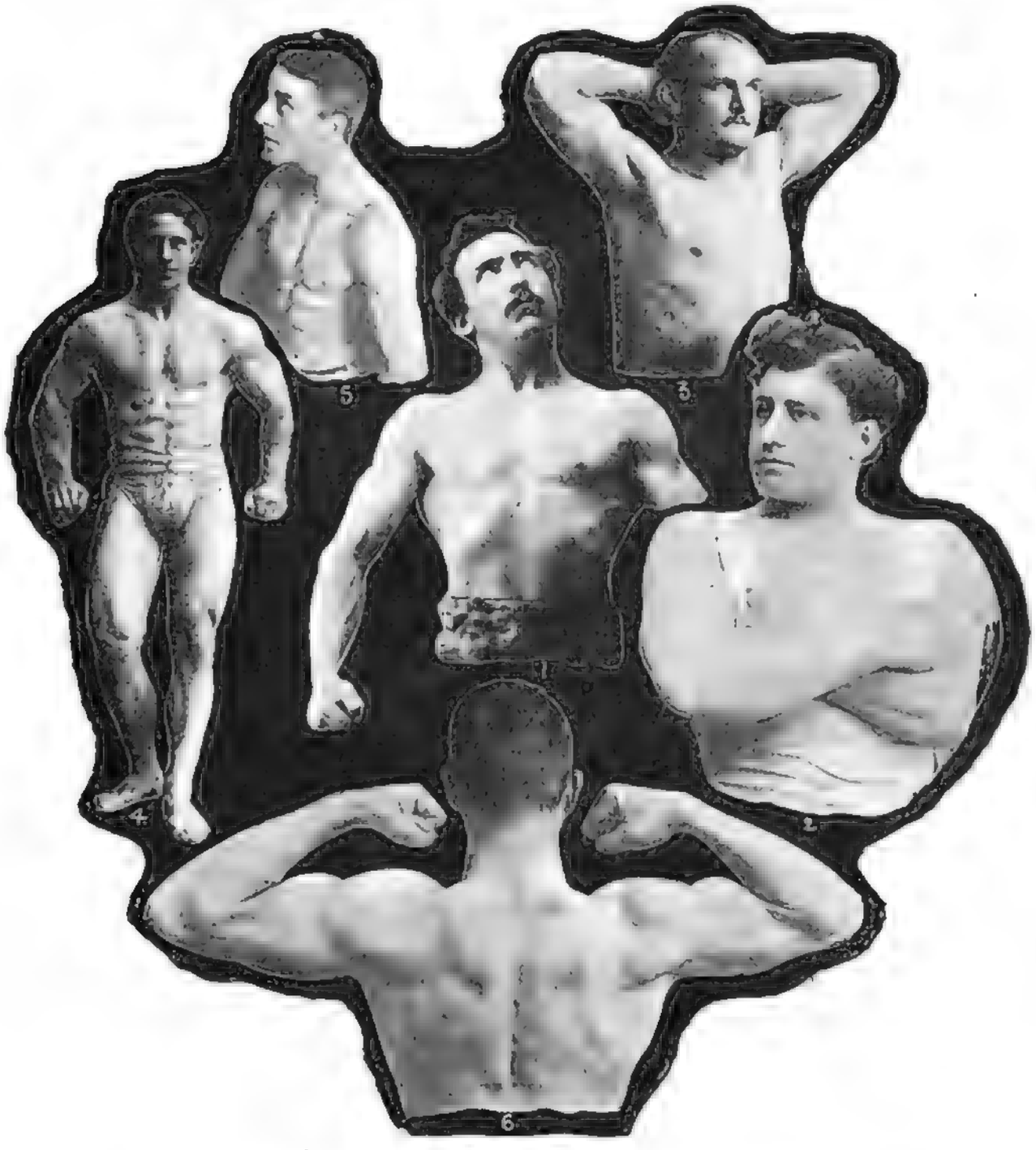
"No people in the world are so particular about meat as the Australians, perhaps because it is so very cheap there, and the regulations are very stringent. There is a rigid inspection in the slaughter-houses, and all diseased carcases are smeared with kerosene.

AUSTRALIA'S TRIPLE INSPECTION.

"Then, again, the meat may be inspected a second time by the public health authorities during transit, and it undergoes a third inspection by a rival body, the municipal authority, in the shops. So

STILL THEY COME.

Another Group of Splendidly Developed Sandowites.



1. A Sandow Reader who does not send his name.
2. H. A. GRIMM, New Zealand.
3. J. RUSSELL, Ashbourne.
4. A. G. PITZ, Bridgport.
5. J JURISS, Christchurch, New Zealand.
6. JENNINGS, Christchurch New Zealand.

there is not the slightest chance of diseased meat being sold.

"Within the last few weeks I have heard of another strange story regarding American tinned meat. 'Bleached' beef, I am told, is being sent over as mutton and sold as such all over the country. A prosecution may follow."

In spite, however, of the sweeping allegations against London's food supply, the food and meat supply of the metropolis, says the *Daily Chronicle*, may be said to be conducted under conditions which reduce to a minimum the possibility of malpractices of the kind alleged against the packing houses of Chicago.

The responsibility for the proper inspection of all the food which London consumes lies between the County Council, the borough councils, and City Corporation. The County Council, however, does not concern itself with the inspection of meat, imported or home-bred, fresh or tinned, the responsibility for which lies entirely with the City and the boroughs. On the other hand, the Council watches over the administration of the sanitary authorities, and makes bye-laws for regulating offensive trades, and for the regulation of dairies, milkshops, etc., and has recently been pressing for a systematic inspection of all restaurants. The borough councils on their part are regularly inspecting pig-houses, milk-shops, cook-shops, slaughter-houses, and meat-shops.

On the whole, in the opinion of authorities who were consulted by a *Chronicle* representative, there is very little in the way of a deliberate attempt to put bad food or meat on the market. If any danger arises, it is chiefly through the preparation of food in insanitary premises, and it is for that reason that the County Council has been directing attention to restaurants.

It is necessary, however, to qualify this statement on one point. This is with regard to what is known as "repotting," which admittedly goes on to some extent in London. The method is to "doctor" one kind of bad tinned goods, generally by mixing it with another, and selling the compound in another form, and under a new name.

"REPOTTING" SYSTEM.

A report which was forwarded by Dr. Newman, medical officer of health for the Borough of Finsbury, may here be quoted. It dealt with a case of over 500 tons of salmon which had been seized by an inspector, who, on entering the factory—

> "Found a number of tins of salmon open on a table where mixing was going on. They were part of a consignment of eleven cases of forty-eight tins each, all of which were examined by me and found to be unsound. . . . I was present at the seizure, and was unable to obtain from the owners any satisfactory explanation of the presence of these tins with other salmon, which was good, on the mixing table."

On the plea that the unsound salmon had not been intended for use, this case was dismissed, without costs, but that "mixing" or "repotting" goes on is not disputed.

To turn, however, to the methods of inspection, the first point of importance to note is that in the case of tinned goods there is practically no test except that of the naked eye which avails for the detection of impure food. The appearance of the tin is the first thing which strikes the inspector, for if there is anything wrong with the contents the case becomes "blown"—that is, it bulges out. It is admitted that the Government stamp of the United States applies only, as has already been pointed out in these columns, to the cattle, before and after death; it does not apply to the contents of the tin. If the methods of the Chicago packers are as described, it follows that any quantity of unsound goods may be shipped over to this country, and their nature cannot be detected unless and until the tin becomes "blown," or until the unfortunate consumer is seized with ptomaine poisoning. In this connection, it is only fair to say that medical men state that ptomaine poisoning is on the whole not very common, considering the inferior food which people can and do eat.

SEIZURES OF MEAT.

Taking only two authorities in London—the City Corporation and the Borough of Finsbury—which share between them the control of the principal London markets, it is safe to say that the medical officers and inspectors of those two bodies

each seize more meat in a year than any other local authority. With regard to Finsbury, a fair average of seizures in twelve months is about 100 tons. In 1904 about seventy-eight tons of meat were confiscated in Finsbury, but in 1905 the total slightly exceeded ninety-four tons. The figures are vastly greater for the City, where, more markets having to be supervised, the seizures of diseased and unsound meat in 1905 amounted to 2,128½ tons. At the twenty-eight wharves controlled by the City, 173 tons 11 cwts. of unsound food were removed in 1905, and destroyed at Letts's Wharf. It should be explained that these City authorities, have control only over those wharves on the north side of the river between the Tower and Blackfriars Bridge, the others being supervised by borough authorities.

Dr. Collingridge, medical officer of health for the City, is fully alive to all the dangers of unsound meat, and it was upon his recommendation that the Local Government Board recently took action in the matter. On March 30, Dr. Collingridge sent to the Board a statement in which he pointed out that "it had been discovered that a quantity of meat that came into the country was sold as 'inspected,' yet our inspectors had to seize it, and, although a large quantity is sent to London, the greater part finds a market in the northern towns, and, therefore, any action desirable should be taken by the Government, and made applicable to all parts of the country."

WHY MR. BURNS ACTED.

The cause of Dr. Collingridge's action was that a quantity of pork had been imported from the United States which did not bear the label stating that it had been inspected by the Bureau of Animal Industry. Recently some pork from the States was seized on account of disease, and Dr. Collingridge thought it was most important that the British Government should be fully informed as to the system of inspection and its actual value, "more especially as regards its conformity, or otherwise, with the recommendations of the Royal Commission on Tuberculosis." It was upon these representations that Mr. John Burns took prompt action.

Enough has been said to show that the authorities here are fully aware of the dangers to the public, especially that section of it which must, of necessity, use cheap foods, and is the largest consumers of tinned goods. A word, however, may be said as to the qualifications of the meat inspectors upon whom so much depends. The Royal Sanitary Institute and the Sanitary Inspectors' Examination Board—the two examining authorities in this connection—lay increasing emphasis upon the qualifications necessary for a meat inspector, and the result is that within the past five years these men have attained a high degree of skill in the detection of unsound food products.

Athlete's Queer Experience.

A curious and unique case has just been reported from America.

Mr. Franklin Murphy, of Belfast, had an unpleasant surprise when he arrived at New York as a first-class passenger on board the *Caledonia*.

He is a stalwart athlete of twenty-nine, a former gymnastic instructor in Belfast, the champion bicyclist of Ireland, the owner of many cups which he has won in long-distance cycle and walking races, and he had come to the United States with the intention of making his permanent home there as agent to a Belfast firm of lace manufacturers.

Yet when he landed he was asked to step aside, and was told that he was recommended for deportation. He was taken to the Immigration Commissioner's office, where, at the request of Mr. Watchorn, he stripped and stood in his buff, almost a giant in build and with muscles which a professional strong man might envy.

Amazed at the decision to deport so fine a specimen of humanity, Mr. Watchorn sent for the medical inspector, who told him that the lynx eye of the doctor at the quarantine station had detected in Mr. Murphy a peculiar and almost imperceptible looseness of the skin which sometimes results from over-training.

Mr. Murphy immediately appealed to Washington. If this, the last appeal, is unsuccessful, he will be deported at once.

He would be allowed to land if his friends guaranteed to support him in the event of his becoming incapacitated within a reasonable time, but he prefers to fight his case on its own merits.

It now appears that some mysterious person has entered into the necessary bond, so Mr. Murphy stands reprieved.—THE EDITOR.

Sawdust Sold as Tea.

A Wandsworth labourer was sentenced to seven days' hard labour at the South-Western Police Court recently, for obtaining 6d. from Amelia Goddard for a "one-pound packet of tea," which turned out to be merely a shop-window dummy containing sawdust.

THE MAKING OF A STRONG MAN,

And Some Suggestions for those who would also be Strong.

[*Foreword.— The accompanying article will be read with interest, I am sure, by many of my readers. The methods adopted by Todd-Judge are unique. The article originally appeared in the breezy, virile pages of "Outing."*—THE EDITOR.]

THE young man whose remarkable physical development is described in the following article is Michael Todd-Judge, of the Todd-Judge family of strong men. He is eighteen years old and weighs 110 pounds. He performs such feats of strength as balancing two 200-pound men on his shoulders and walking about the stage as easily as though the two men were two straws. Until five years ago it was not intended that he should become a professional strong man, and he had not had an hour's training. The method followed in his development is full of hints to those who desire healthy bodies and strong muscles.

This method is almost unique, for it has not at all partaken of the general course laid down by physical trainers of the orthodox class; there have been no runs, no long drawn-out periods of exercise, no dieting, and none of the routine work with clubs, chest weights, and dumb-bells. The exercise taken has been so limited in amount that the average amateur would think it scarcely worth taking. According to Mr. Todd-Judge, the head of the family, all this departure from the routine has been for a purpose, and its results are visible to any one who knows the men trained under it. For instance, the muscles of Master Todd-Judge, when relaxed, are as soft as those of an office clerk.

The idea running through the training of this boy has been that heavy work is required to give power, but that it should be approached gradually, and gradually increased.

"I began the training of this boy and an English boy at the same time," said Mr. Todd-Judge. "I wanted this one to be able to lift and carry heavy weights, and so I began to give him work calculated to produce all-round development. He never touched a piece of ordinary apparatus. I commenced by putting a hand on each of his shoulders and bearing down, I would not continue the pressure more than a second or two at a time—just long enough to make the muscles of his shoulders shape themselves. After a few minutes of this sort of repeated pressure I would set him to tumbling, and keep him at hard work for ten minutes. Then I would let the two play as they wanted to for twenty minutes more. Sometimes they would wrestle and sometimes tumble; when the twenty minutes were up their day's work was ended.

"They ate as much as they wanted and whatever they wanted, they slept eleven or twelve hours a night. It was not long after the training began until I could notice a wonderful difference in this boy's shoulders. When I bore down upon them the muscles would instantly become rigid to bear the new weight. In a little while I could increase the pressure, then I would put my hands on his shoulders and raise myself off the floor.

"After awhile I could spring up on his shoulders with my feet. So it was that, gradually, he became able to carry me about, and then another man with me. But never in practice did he bear a heavy weight more than a few seconds at a time, and never did his work and play together last more than half an hour a day."

According to the trainer quoted above, this sort of work must be continued through several months to bear the best results. More work each day will bring more rapid development, but the results are apt to be staleness and straining in

the adult and a stunting of growth in the boy.

"It is very easy to see the difference in any group of acrobats," said the trainer. "In every one you see large men and dwarfs. You may set it down, as a rule, that the dwarfs began hard work in childhood, and developed their muscles at the expense of bone and sinew. The big ones either waited until full grown to commence training, or else they did very moderate work for some years. The best and strongest followed the latter course. Sandow began training when still a boy, but he did not do the heavy work until he had reached his full growth. Then it did no harm.

After the work with the shoulders described above, Master Todd-Judge was given further exercise calculated to develop the arms. This was a continuation of the shoulder pressure with an addition. The assistant would raise a heavy dumb-bell or other weight above the athlete's head. The latter would grasp it in both hands, holding it in that position for a few seconds while the assistant bore down upon his shoulders. The result of long continued training of this sort is evident in the massive muscles of the arms, particularly those that lie in front of and behind the shoulder-blades. Then the bell was done away with, and the assistant would stand upon the athlete's shoulders, while the latter, reaching up, would grasp the other's ankles, pushing upward with all his might, and thus securing shoulder and arm exercise at the same time.

There is another feature of this young strong man's development that strikes the average person as astonishing. This is the firmness of the muscles over his stomach. At rest these are as soft as any other muscles. Contracted they remind one of the outside of a coil of rope. The writer was invited to strike the strong man in the solar plexus region. His taps were too gentle, and the boy appealed to a companion. The latter landed a right swing, calculated to send the average man writhing to the floor. But the athlete merely staggered backward from the force of the blow, and gave no evidence whatever of feeling pain. The muscles covering this spot—the Achilles' heel of so many fighters—had stiffened themselves into armour plate, and the tender organs beneath received no jar.

This effectiveness of the stomach muscles had come in part from the regular training at lifting and carrying weights and men upon the shoulders, but not wholly so. Much of it had resulted from work done in learning to tumble. The motion to which the trainer attributes this chiefly, is the simple one of bending backward, and Mr. Todd-Judge insists that one needs to know nothing of the peculiar art of tumbling. There are two acts prescribed. In the first the man lies flat upon the floor on his back, and then, bending at the hips alone, rises, without putting his hands on the floor, to a sitting position in which his body is bent at a right angle. In the second he stands twelve to eighteen inches from a wall, facing from it. He leans backward, touches the wall with his hands, which are held straight above the head, and then comes up to a standing position once more. In either of these exercises the muscles across the solar plexus are brought into play, fatty matter is removed, and the muscles attain a resistant force that renders blows of little account.

Two values are attributed to posing. In the first place it helps in the education of the muscles. In the second the contraction of a muscle into rigid form produces a result similar to that of its use in active work. In speaking of the former, Mr. Todd-Judge held out his hand.

"See," he exclaimed. "It is as limp as a rag. But put your other hand on the muscles of my arm, they are as hard as iron. Now you try it. There, your hand and arm are both stiffened or both relaxed. Your muscles are not educated. An educated muscle should be on call, that is, you should be able to use it without at the same time using all the others in its neighbourhood. This is one of the great secrets of endurance, to know how to relax the muscles not in use. Watch a boy the first time he puts on boxing-gloves. His arms are rigid all the time. He cannot strike a hard blow, and the tense condition of the muscles soon tires him. But see the skilled fighter. His arms hang loosely, and there is no strain

upon them when he is not striking. But then they straighten out and become steel bars in an instant. They work together or independently, and no force is wasted. These are educated muscles."

Members of this family believe their strength is due, in a large measure, to the regularity of their work. There is very little of it, but that little comes every day, there are no seasons of hard work followed by long periods of relaxation.

"Watch the fighters," said Mr. Todd-Judge, "and you will notice that the fellows like Sullivan, Fitzsimmons, and McGovern, who last, are the ones who are always fighting. The ones who fight to-day and do nothing for six months are the ones who soon die out." His advice to all persons who would have strong bodies is to do some work every day, and never relax for any extended period.

"Worry and whisky are the worst things in our business," said Mr. Todd-Judge. "When I'm training boys, and they begin to get discouraged, I tell them they're doing well. If I told them how bad their work was they would be so blue that it would surely get worse, so I stretch the truth, tell them they are doing well, and they brace up in a minute. A man with a heavy heart can't do heavy work and stand up under it. I had a young fellow with me once who was one of the best tumblers I ever knew, and was also very strong. He was a good boxer, and was anxious to enter the ring. He had his heart set on winning, and when the other fellow knocked him out with one punch, he was so depressed that he lost strength and nerve, and did so badly that he left us in despair, and I've never heard from him since.

"Another of the biggest and strongest men I ever had was a whisky fiend. He would be all right for a year and then drink every day for two weeks. The third week he would be in the alcoholic ward of some hospital, and when he got out he would have no more taste for whisky. But oh, how weak he was! His heart would thump like a trip hammer at every bit of work, and it would take weeks for it to get over the effect of that drunk."

While the Todd-Judge strong men are not restricted in their diet it is a curious fact that they eat very much like athletes under strict training regulations; they care little for pastry and eat steaks and eggs in a way to astonish landlords. Whether this is merely a matter of individual taste or whether it is characteristic of strong men to like strength-giving foods would be an interesting question. Master Todd-Judge is specially fond of steaks and he wants them rare. He will eat a pound or more of beefsteak after an evening performance, go to bed, sleep ten or more hours and call for another steak. His trainer approves of hearty eating and long sleeping.

"Sleep gives just the right conditions for the assimilation of those beefsteaks," said he, "and a boy who eats and sleeps will be so buoyant and lively that there is no temptation to drink, for the reason that he will not feel the need of stimulation."

Tea as Aid to Preaching.

Preaching at the Devonshire Square Church, Stoke Newington, the Rev. G. P. McKay said that some time ago a very popular preacher told him he was going home to have seven cups of strong tea in order to be ready for preaching that evening. Mr. McKay described this as a kind of intoxication, and said it greatly pained him to find the preacher trusting in stimulants rather than waiting upon the Spirit of God.

Youthful Birmingham Wrestlers.

A correspondent has forwarded me the following cutting from *The Birmingham Daily Mail*. The writer says: "The recent great wrestling match has revived the craze among the youths of the city for imitating the art of Hackenschmidt. I was passing through Aston Park on Wednesday evening last, and was surprised to see no fewer than a dozen crowds of excited lads scattered about the grass. I was puzzled to know the cause until I spoke to one of the park-keepers, and he informed me that the lads were engaged in wrestling competitions. In passing one of the groups I became a looker-on for the moment, and was interested at the business-like way in which each lad tackled his opponent. The wrestling was carried out on correct lines, and each set of competitors had as a referee an elder lad, who carefully watched for points. In fact, so great appeared to be the fascination for the game that the majority of the cricket pitches were neglected, and bats and wickets were lying idly on the ground." Who says that English wrestling is dead?

A NIGHT OUT. An Episode of Last Summer.

By Albert De Saade Jones (S.M. Readers' Club Medallist).

IT was one of the hottest and most suffocating nights of last summer. The writer and one of his fraternal relations, located in a small bedroom heated by the afternoon sun, tossed and tumbled about till the small hours in a vain endeavour to woo the fickle "God of Sleep." In desperation, we got out of bed and sat by the window. The garden, bathed in the rays of a full moon, looked delightfully cool and inviting, and simultaneously the thought struck us, "Why not sleep out there." We broached the subject next morning at breakfast, but such a departure from the routine of a well-ordered household was received with derision by the more staid and conventional members of the family.

Nothing daunted, we then announced our intention of camping out the following night. Immediately our thoughtful relatives began to predict all the discomforts, real and imaginary, that their fertile brains could produce. Visions of snails and spiders crawling over us were dangled before our eyes, while the prospect of a thunderstorm descending on to our unprotected persons was considered to be a deterrent we should not despise.

With the vigour and enthusiasm of youth, we refused to be intimidated or dissuaded from our purpose, and vowed we would sleep out at all costs. The evening came, and surrounded as we were by the neighbouring houses, we waited till the kindly mantle of night should conceal our doings from the gaze of the curious. Then we started to erect our defences. We extended a line across one corner of the little plot we dignify by the name of "garden," and on this line suspended a curtain sliding on rings. This screened us on the port side. On the starboard side we were bounded by the fence at the rear of the garden. The next door fence was on our right, and the remaining side we filled in with a capacious "Union Jack." The next thing, constructed by my fellow-worker, was an amateur hammock, consisting of three broomsticks at each end, arranged in tripod fashion, with a blanket slung between. I followed him with six chairs. These I arranged three on each side, and across them laid some boards, and all was ready for the bedclothes.

GETTING FIT AGAIN.
"Monte" Holbein, the old war-horse, is, according to rumour, already getting fit with a view to again tackling the Channel swim this summer.

Another journey saw me staggering downstairs with a blanket and mattress firmly rolled up on my shoulder. When leaving the bedroom, my bundle unfortunately swept a portion of the

mantel-piece clear of ornaments, including a little china cat, with staring eyes and most obtrusive whiskers, who fell on his back in the fire-place, and gazed mutely at my slowly disappearing figure. He seemed to be wondering who could be idiotic enough to leave a well-ordered bedroom for a precarious night in the open. After this I proceeded safely downstairs, under the derisive gaze of the amused female members of the community. Soon all was ready. A lamp was hung on the fence, a chair provided a safe receptacle for a clock. The church clock struck eleven as, clad in dressing gowns, we stalked majestically down the garden path. Slipping under the curtain, we stood in our open-air bedroom, enclosed on every side from the vulgar gaze, but open above to the free air of Heaven. We soon tumbled in, and for a short time we discussed our new feeling of liberty and freedom, and laughed at the superior people who inhabited feather beds in ill-ventilated rooms. Close beside me, a flagstaff towered up into the air, and, gazing up at the flag flying and the clear sky, lit by a myriad of stars, it needed but little imagination to fancy oneself on board ship. We heard, with curious feelings, doors and windows being latched and barred all round, and the lights going out one by one. Then we had a slight diversion. A brother came home unexpectedly, and hearing we were down in the garden, considered it a fine opportunity for the display of his sense of humour. Thus we were considerably startled by a window opening above us and some boots descending in our direction. Fortunately, his aim was bad, and as we disdained to notice the pleasantry, it quickly ceased. Then we heard belated revellers on their way home, beseeching "Bill Bailey" to do likewise, and also stating the fact that "Three makes jolly good company."

Soon after, the dog left his kennel, and sniffed uneasily round us, evidently in a state of canine perplexity. The lady next door had been to the theatre, and returning home, she came out to water her flowers. Some of these grew along the fence, and she proceeded to attend to their wants, with the result that a sprinkling of water descended on to our devoted heads, but we bore the affliction in silence, not wishing to disclose our presence to her. Soon after we fell asleep, the last sound we heard being the scrambling of a cat along our northern boundary, who was followed by an admirer, making love in the key of "C." During the night my partner had some trouble with his home-made hammock, as it once betrayed a tendency to develop his latent acrobatic power by standing him on his head. At 6 o'clock I awoke, not with the usual accompaniment of yawns, but as fresh as a daisy. The much-prophesied insects had been conspicuous by their absence, although I noticed one spider hard at web-weaving, and who had already done a good morning's work.

My companion now awoke, and together we stood up and looked over the screen. All the neighbouring blinds were down, and wrapping himself in a red bath-gown, my brother fled up the path, resembling a Mephistophelian edition of the "lean and slippered pantaloon." I followed in a less majestic garb, but a more stately mien.

After a good sponge-down we dressed, and, with hearty appetites, were half through breakfast before the sleepy members of the household appeared. Like giants refreshed, we soon after departed to earn our daily bread, much benefited by our night in the open; and to my readers, I say, "Go thou and do likewise."

Where Army System Fails.

Sir Frederick Treves has rightly been condemning the present Army system of physical training. Apart altogether from the exercises employed, what good can be done to a recruit when only a short interval is allowed to elapse between his meals and the time he begins to exercise? No sooner has he "bolted" his breakfast, or his dinner, than he has to turn out for gymnasium or drill, and it is palpable to the merest tyro in such matters that to compel a man to take part in any violent exercises almost immediately following a meal, must prove very hurtful to his constitution.

The Tabloid Age.

Almost every second person one meets has some tabloid or another in his or her pocket.—*Medical Magazine.*

HOW THE MIND INFLUENCES THE BODY, AND VICE VERSA.

Bad Habits and Vices due to Weak Intellect, yet most people possess potential, latent Powers of Development of Mind as well as Body. By "A MENTAL SPECIALIST."

UNTIL comparatively recent years no small proportion of the community regarded and looked upon the mind as something existing entirely apart from the body. They imagined the mind as an inexhaustible quantity, upon which it was possible to make indefinite draws without having any effect upon its powers.

Happily, however, that misleading and incompatible theory has gradually fallen away and entirely disappeared before the march of physiological science and knowledge. The education of the masses in things appertaining to the construction of the body and the essentialities of good health and longevity, is mainly responsible for displacing this inconsistent conception already referred to. It is now universally recognised and accepted that there is a close dependence of one upon the other.

W. S. FRY,
A Sandow Isle of Wight pupil.

Development of the brain to anything above the ordinary would be little short of an impossibility to an individual of poor or neglected physique. To the ambitious it is essential, and absolutely necessary, that the mind should not be developed at the expense of the body, and *vice versâ*. Advancement in any sphere of public or private life is unattainable unless the body and mind receive equal consideration. To cram learning into a broken body is obviously a dangerous policy, and closely resembles building a house upon sand, putting new wine into old bottles, or attempting to repair an unsound garment with new and much stronger material. You must have a good foundation to work upon. When once you have acquired a firm, rock-like basis, the rest inevitably follows as a natural sequence.

Our bodies have been likened unto machines, and very wonderful and complex are these "human machines." Now, a machine cannot work satisfactorily unless it receives proper and sufficient attention, and is kept well cleaned and oiled, in order that the maximum amount of work may be obtained, at the same time reducing friction to a minimum. The most wonderful of all machines—the human body—the construction of which is beyond the powers of mortals to improve upon, necessitates the greatest possible care and attention being paid to it, in order that we may secure its easy working. If this is attained, then good health, good temper, and happiness readily follow.

The mind, which is entirely dependent upon the body for its fuel, demands that good, wholesome, and nutritious foods be administered to the body, and that plenty of fresh air and beneficial recreational exercise forms part of our daily *regimé*.

Most people possess potential and latent powers which have never been seen to their best advantage, for no other reason than that the equilibrium of the body has never received sufficient consideration; the inevitable outcome of which is that a melancholy and splenic indifference

blights their existence immediately the spirit inseparable from youth has disappeared.

In these days of progress, science, and learning, it seems almost superfluous to allude to anything pertaining to the influence of the mind upon the body. Yet it is obvious, even to the casual observer that, if the working of this all-important functionary amounts almost to common knowledge, then there are, unfortunately, many who fail to profit by it. The mind is, if possible, even more marvellous in its working than the body, since it directs every little movement, no matter how slight or insignificant that movement appears to be, even to the raising of a little finger. Thus we see how necessary it is to train our mind to good habits.

The mind, it has been shown, is dependent upon the body for its fuel, and, at the same time, the body is subservient to the controlling agent. It is, therefore, obvious that, to neglect one in order that the other may derive some pecuniary benefit, is a suicidal policy to pursue.

Health brings strength. Nature admires strong men, as shown by her universal law known as "the survival of the fittest." A man possessed of a cultivated mind, good physique, and a strong constitution, is enabled to bear up against bereavement and acute misfortune, whereas a weaker and less fortunate man would infallibly succumb to, or be seriously affected by, intense grief or disappointment.

Much of the infelicity generally attributed to the indulgence of unnatural vices is directly the result of weak intellect and neglected will-power. The body having been poisoned in the early stages of vice is unable to supply the mind with the adequate fuel that is rendered imperatively necessary if it is to properly control the actions of the body. The result is that the unfortunate individual, unless taken in hand by a strong-willed person, sinks deeper and deeper into the mire of sin and corruption, until he discovers, almost invariably when it is too late, that reclamation is an impossibility.

The *ideal* man, perfect in every way, does not exist, else he would not be ideal. Nevertheless, we should each have the *ideal* in view, and, by perseverance, strive to reach it, even though it be unattainable, for by so doing we shall be able to develop that state of perfection highest in man. To attain this state it is necessary to discard all derogatory habits, and by each of us endeavouring to lead a life of purity we shall be doing our duty to God, ourselves, our family, and to the State, by raising the physical status of the nation, thus ensuring the destiny of our illustrious empire for many generations to come.

All that has been written of late in regard to the degeneracy of our race would have been rendered unnecessary had the people not given way to the evils of luxurious living and immoral habits.

HOW TO GET WICKETS.

By Wilfred Rhodes, in the "Daily Graphic."

JOHN TUNNICLIFFE has protested against the system of net practice so often in vogue among town clubs, and has pointed out its injurious effect on the fielding of the players; but this same system is the spoiling of many a young professional who has to keep on bowling and bowling throughout the entire evening; result, of course, he becomes a machine for tossing the ball at the batsman, and not the agent who is helping to give practice, and, at the same time, to increase his own ability. When I went to the Galashiels Club, at the age of eighteen, I bowled a fastish ball, sending up a slower one now and then; any special difficulty which batsmen might meet with from me was caused, I should say, by the way in which the ball came with the arm. But on returning home for the winter, I determined to work to cultivate spin and fingerwork.

THE ACQUIREMENT OF "SPIN."

I used to spend a good deal of time practising in an open shed, and the plan I adopted was this: I coloured the ball I bowled with black and white, so that the eye could more easily detect if, after leaving the hand, the ball was spinning or not. And so steady practice and perseverance gave me knowledge of the touch and feel of spin, if one may use the terms. Of course, the power

came gradually, and I could not say that at any given moment I felt that I had gained a new power, any more than a man who practises with dumb-bells can point to a set moment when he has succeeded in getting increased strength. That winter practice did me a lot of good, and when I went north again next season I found that I was bowling a slower ball for the most part, with occasionally a faster one among them. Briefly put, some points to be regarded by the young bowler in the making are these:—

1. Do not overbowl, and do not overestimate the importance of mere pace.
2. Try and bowl a good length.
3. Study to acquire the power of making the ball spin.
4. Do not mind being hit.

I think that one may safely say that most bowlers get their work on with the first finger. I remember noticing in Australia, several times, lads practising on waste land and rough open places, and nearly always what they seemed to be after was to get the ball to do something—to get some finger-work on. They were on right lines, too.

THE IDEAL FEMALE FIGURE
As conceived by a famous sculptor.

BRAINS NEEDED IN BOWLING.

It need hardly be said that each ball wants definite thought. This may become almost intuitive, but still the definite brain-action before each delivery does occur. Perhaps three balls practically alike (or meant to be so) may follow one another, but this may be at the same time of set intent. Bowling is not merely trying to get out the man at the opposite wicket—very often it is helping him to get himself out. The most difficult ball for a batsman to play is the one which goes away from him after it pitches, and it is far more natural for a left-hander to bowl this ball, just as it is easier for the right-hander to bowl the off-break. That, then, is one reason why the left-hander is more difficult to play—he has more natural advantages. Of course, the right-hander who makes the ball go with his arm is just as difficult, but there are not many men who can rely on bowling this ball whenever they wish.

ON A BATSMAN'S WICKET.

Everyone knows that some grounds are more helpful to bowlers than others; but, taking the average, one gets very little assistance unless the pitch is affected by rain, when, as a rule, the faster the ground the more treacherous the wicket. That is one of the reasons why Australian wickets are more difficult than ours when they are wet. One of the things which a bowler has to contend with, and which is very annoying, is the uncertainty of the game; one day he may bowl as well as ever he did in his life, and not get a solitary wicket. Next day, perhaps, he does not bowl half so well, and yet he gets five or six wickets. But he will find that, reckoning the good and the bad luck the season through, things are pretty well balanced, only the bowler generally hugs to himself the consolation that he, at any rate, has had more bad luck than good, forgetting all about the poor stuff which he sent up, and which got wickets. There are days, of course, when the ground is ungrateful, and won't give you one mite of aid. There's nothing for it then but patience, and a trust that, if you can't hit the wicket yourself, still, nobody

will let a chance go, and that the waiting hands won't be found wanting. Then, perhaps, more than ever, variety in the flight of the ball becomes of importance—the ball which is a yard or two slower or a yard or two faster, with no perceptible change in action. But, after all, on this sort of wicket, the fast bowler pure and simple stands the best chance. It is on such a pitch as this that the bowler realises to the full the worth or otherwise of the rest of his side as his assistants. I suppose that, as a Yorkshire bowler, no one knows the truth of this better than I do, for the presence on one's side of such players as David Denton, George Hirst, and John Tunnicliffe, to mention three at random, is of inestimable benefit. When you know that you have good men to support you, your confidence is doubled—you dare to send up balls which, if you had less trust in your fielders, you would greatly hesitate to do. Then, again, we have only to look at David Hunter's thousand victims at the wicket to see how important to a bowler a good keeper can be. In my first season for Yorkshire, when we were playing at Bradford, Hunter got five men out in succession off my bowling in one innings.

POPULAR MISTAKES ABOUT BOWLING.

Over and over again one reads such a statement as this:—"X. found a spot at the So-and-so end, and was unplayable." I myself do not believe in this "finding a spot" business, for I do not think that any bowlers are so mathematically accurate as to aim at a certain spot and hit it over and over again. In fact, as I write, I recall that a certain very great bowler, now retired from county cricket, was said to be able to pitch a ball on a sixpence so many times in an over. I asked him about the truth of this, and he said that it was pure nonsense. What really is the cause of this: a bowler can go on more or less mechanically bowling a good length ball which will pitch within a certain comparatively small area, but that he can determine on making the ball light on a definite spot, and carry out that determination, I do not believe. Anyway, I am sure I cannot. With regard, then, to the "finding a spot," so called, I fancy that a bowler may recognise, for example, that the top of a certain area which comes within the pitch-surface of a "good length ball" may be a bit loose or a bit worn, and so his deliveries, falling pretty often within that area, give rise to the notion in question.

SHOULD A BOWLER BE A BATSMAN AS WELL?

Bluntly put, and in a general sense there is only one reply to such a question, and that is, "Of course." Surely it must be preferable to have a player on your side who can make runs rather than one who can't. Naturally enough, a player who has made a hundred runs is fatigued when he has done so, but, in any case, his team has that hundred on the plus side, even if there is something to go to the minus account, because he is too fagged to bowl with quite the same devil as if he had only been half an hour at the wicket. Perhaps, in the case of a man who is the sheet-anchor bowler of the team, and who has no comrade who can be classed even as a decent change, the case is altered. I have frequently been asked if I feel my better batting of late has taken from my power to bowl. Well, it is hard to say, and a question which, perhaps, I am least fitted to answer; it is for others to pronounce on that. To tell the truth, I can't say that I have felt so; but, I repeat, I am not the best judge on that point. For a fast bowler whose work is necessarily more arduous, the case is very different, I consider. Folks have sometimes said to me, "Which gives you the greater pleasure—getting runs or taking wickets?" On the whole, I should be inclined to say the former. Even though there is a charm in defeating a stubborn batsman against whom you have been trying your best, this feeling of exultation is hardly so keen as that which comes after a clean square-leg stroke or a thrilling drive from just the right part of the bat, or a good square cut.

WICKETS IN AUSTRALIA.

I have said that, taking one year with another, there is not much difference as to the help which a bowler may get on any given playing-pitch. This is, I fancy, true of Colonial grounds as well as of our own.

Albert Knight has said lately that he considers the Australian wickets but little,

if at all, faster than Lord's in July. This is, I think, not far off the mark, though I am inclined to believe that a Lord's wicket in July is a trifle slower. There is very little in it, anyway.

But certainly a wet wicket at Melbourne is the very worst anybody can expect to come across. When we played there against Australia in the second Test Match, 1904, and Victoria shortly after, the wickets were undoubtedly the worst sticky wickets I have ever been on. The ball rears up at you, and can be made to turn tremendously. This rearing is due perhaps to the fact that the soil is like putty, and the ball, striking the soft surface, causes a little bank of mud to rise up in front of it, and the straight-up direction thereby results. At least, that is my opinion.

A well-known Welsh Physical Culture Instructor.

There is not a great difference in the pace of Australian wickets, but the worst to play on from an Englishman's point of view is the one at Adelaide, on account of the glare, which is so bad as to cause you to misjudge the ball. During our recent tour we never played a match on a matting wicket, but I have practised on one, and found they give far more assistance than a grass wicket to the bowler.

THE EFFECT OF CONTINUOUS CRICKET.

Arguing from my own experience of county cricket coming on top of a tour in the Colonies, I do not think that any hard and fast judgment can be come to as to the effect on a bowler. It has been said that such and such a man's bowling has been ruined for the season here on account of his winter campaign. Of course, playing three seasons straight off does not improve anybody. He might feel as well as ever he did during the third season, but towards the end he will find he is getting a bit stale, that is, if he has a hard season. If he has an easy season, he might never feel the effects at all. I have been just as tired with one season as I was after my three. There is no doubt about the fast bowler feeling the effects, that is, if he has plenty of work.

Digging to Music.

Some of the "bosses" superintending natives from the West Indies engaged on the Panama Canal are turning the men's natural love of music to good account. The navvies are accustomed to sing while digging, and it has been noticed that the amount of work they turn out is regulated by the rhythm of the music. New catchy songs with more lively tunes have been introduced by the "bosses," and have "caught on" immensely with the labourers, who are far out-distancing their unmusical rivals as excavators.

This story reminds us of the similar one concerning a master tailor, who, noticing that the men's arms kept time to a barrel organ playing outside, bribed the organ man to come daily, and play lively airs.

Think and Grow Young.

Mental activity is decidedly conducive to longevity, according to an editorial in the *Medical Times*. "The brain needs blood to keep it in health; and thinking induces the free circulation of blood through the brain tissues. A normal brain should never be permitted to rest except during sleep." Every man should have a hobby to which he can devote his leisure time, and that "not in a casual and dilettante way, but earnestly and with much interest." It is only too true that Nature abhors an idle man. Work is one of the blessings of this life too little appreciated. Without work, health, and even rest, would be impossible.

Doctor Beddoe, lecturing on anthropology, stated that he had never heard of a Chinese or Japanese adult that had not black hair. Japanese children sometimes have dark reddish yellow hair, and Chinese children brown hair.

INNS OLD AND NEW.

TRUSTS THAT PROMOTE TEMPERANCE.

IN this age of transition, perhaps no greater change is being effected than in the character of the village inn. "Ye anciente hostelrie," however much the flavour of romance hovered about it, was generally an uncomfortable, unhealthy abiding place.

The caravanserie of the old type is fast disappearing, giving place to something much better and quite different. In this work of transformation the Hertfordshire Public-House Trust is rapidly developing an enterprise begun in that county three years ago. The aim of the trust, of which the Lord Lieutenant is president, with the Earl of Lytton, Lord Enfield, Lord Ebury, Lord Cheylesmore, and other distinguished persons on the council, is to build or acquire village inns and promote temperance not by the exclusion of alcoholic liquors from the stock-in-trade, but by encouraging a preference for non-intoxicants, supplying good food, and providing all manner of indoor and outdoor games for their customers.

Thus the new-fashioned inn answers in all respects to the description of a club. Should a caller demand beer or spirits his wishes are complied with, but the habitual "toper" is not served. The changing state of things is illustrated by the fact that at one inn owned by the trust, no fewer than 1,000 teas were served last year.

A surprise visit paid to the various inns by officials and others interested in the movement afforded a striking revelation of the admirable manner in which the new system is working. The first call during a motor-car trip of some ninety miles was at the Battleaxes Inn, Aldenham. In place of what aforetime would have been a stuffy, unwholesome resort, there stood a dainty little building of many gables, the red tiles of its sharply-slanting roofs silhouetted against the greenery beyond, its bay-windows painted white, and gay with cut flowers. Within all was made bright with plants and pictures and "art" furniture.

Similar in design, but larger, is the Red Lion Hotel, Radlett, which the trust has built on the site of an inn that was picturesque, no doubt, but was nearing the stage of decrepitude. Here the consumption of non-intoxicants has risen from practically nothing to 40 per cent. of the total "takings." Workmen customers play billiards, draughts, and dominoes free of charge. As indicating the moderateness of a tariff which nevertheless the trust system renders profitable, it may be mentioned that better-class visitors may have a bedroom for 2s. 6d. or a private sitting-room for another shilling.

When the company acquired the Waggon and Horses, Ridge Hill, it was in such a condition that pigs and fowls were allowed to wander about the interior at their will! Now it is the epitome of cheerfulness, with a fine orchard, the trees of which on this day were carpeting the lawn with white blossom. Formerly no non-intoxicants were sold; now they produce from 65 to 70 per cent. of the receipts —the highest percentage, it is believed, of any fully-licensed house in the county.

The trust's most ambitious effort, however, is the Rose and Crown Hotel, Tring, which has just been completed. It stands on the estate of Lord Rothschild, who built the hotel in accordance with the company's requirements. A commodious, "wandering" place, the hotel strikes a distinctly picturesque note with its shimmering red tiles and its balcony picked out with gracefully drooping creepers.

Lady Rothschild has ordered a signboard which will prove an artistic feature of the approach. Almost every kind of pastime is provided—squash racquets, lawn tennis, bowls, croquet, Badminton, even rifle shooting.

PATENT MEDICINE DRUNKARDS.

IN America, a vigorous campaign is being conducted against patent medicine, and some sensational statements are being made.

It is said that babies are being fed with laudanum under the name of syrup. Women are led to injure themselves for life by reading in the papers about the meaning of backache. Young men and boys are robbed and contaminated by vicious criminals, who lure them to their dens by seductive advertisements.

The current number of the *World's Work* gives a series of quotations from the articles in *Collier's Weekly* of Mr. S. H. Adams, who conducted an inquiry into the whole question.

"Take the headache powders," says Mr. Adams. "They are mostly simply a mixture of acetanilid with less potent drugs."

He attributes the increase of sudden death from heart failure in American cities in recent years largely to the secret weakening of the heart by acetanilid.

A list of twenty-two cases is given—names and addresses—in every one of which the person had taken, to relieve a headache or as a "bracer," a patent medicine containing acetanilid.

EFFECT OF THE HABIT.

It is important also to understand that the use of these powders becomes a habit.

"When the drug was withheld the patient exhibited all the traits peculiar to the confirmed morphomaniac. She employed every possible means to obtain the drug, attempting even to bribe the nurse.

"A newly-arrived guest at a Long Island house-party brought along several lots of a headache cure called 'Megrimine,' and distributed them as a remedy for headache and that tired feeling. As a late dance the night before had left its impress upon the feminine members of the party, there was a general acceptance of the 'bracer,' which, according to the advertisements, leaves no unpleasant effects.

"That night the local physician visited the house-party, on special 'rush' invitation, and was well satisfied to pull all his patients through. He had never before seen acetanilid poisoning by wholesale.

"The soothing syrups are extensively used among the poorer classes for pacifying their babies. Said a New York lawyer to his charwoman, who had asked him to buy a ticket for a ball, 'How can you go to these affairs, Nora, when you have two young children at home?'

"'Sure, they're all right,' she returned blithely; 'just wan teaspoonful of the syrup, an' they lay like the dead till mornin'.'

"On the authority of a Detroit physician, who has been making a special study of Michigan's high mortality rate, the children thus treated eventually come into the hands of physicians with a greater or less addiction to the opium habit.

MAKING COCAINE FIENDS.

"Making cocaine fiends is another profitable enterprise. A decent druggist will not sell cocaine as such, readily, to any customer, except upon

HOW TO GET FELLOWSHIP MEDALS.

I have received a great many letters from readers who have not been able to win the Readers' Club Fellowship Medals as in the ordinary way, and they are anxious to purchase them. I do not wish to do this, as it would scarcely be fair to other readers who have earned the Medal by actually doing something for the cause of physical culture, but I have hit on a plan that may meet the circumstances. I will in future print a coupon in every number of the magazine, and to every reader who sends me 12 Coupons of one issue, I will forward a medal. They can either sell their copies or give them away, as in either case they will be helping to spread the good cause.—*The Editor.*

prescription, but most druggists find salve for their consciences in the fact that the subtle drug is in the form of somebody's sure cure. 'People come in here,' a New York City druggist told Mr. Adams, 'ask what catarrh powders we've got, read the labels, and pick out the one that's got the most cocaine.'

"Another ostensible cure for catarrh, described as the prominent proprietary nostrum in America, is notoriously used for alcoholic effect.

"I knew an estimable lady," continues Mr. Adams, "who visited her dissipated brother in New York—dissipated from her point of view, because she was a pillar of the W.C.T.U.—and he frequently took a cocktail before dinner, and came back with it on his breath, whereupon she would weep over him as one lost to hope.

"One day, in a mood of brutal exasperation, when he hadn't had his drink, and was able to discern the flavour of her grief, he turned upon her:

"'I'll tell you what's the matter with you,' he said, 'you're drunk—maudlin drunk!'

"She promptly and properly went into hysterics. The physician who attended ascertained that she had consumed something like half a bottle of a patent medicine, much weaker in alcohol than most of its class. The lady was in a fair way, quite innocently, of becoming a drunkard.

"In another case, a respected clergyman, who fell ill, was declared by the family physician to be suffering from chronic alcoholism, although 'he never drank a drop of liquor in his life.' It transpired that, acting upon a friend's recommendation that it would 'build him up,' he had begun taking a certain medicine a few months before, and had since consumed many bottles of it."

The Simple Life.

A Belgian is giving a great deal of trouble to the Paris police on account of his unconventional attire. He frequents the Boulevards, wearing only a sort of loose toga. He has neither hat nor boots. His hair is so long that it covers his back. He lives entirely on vegetables, drinking nothing, even water being one of the things he will not touch. Crowds follow him. Arrested for obstruction, he asked the policeman in what way his dress was more absurd than the officer's, and there being no answer to this poser he was allowed to go.

Tips from Tennis Champions.

The Ladies' Tennis Championship has this year gone to Miss D. K. Douglass, who, to the surprise of most people, somewhat easily defeated America's doughty representative, Miss May Sutton.

After the match, Miss Douglass, to a Press representative, thus describes her methods of play:

"Lawn tennis is, in my opinion, the most delightful of delightful games for girls. It makes an equal demand on, I may say, limb, muscle, heart, eye, and brain. It is, therefore, one of the most fascinating and strenuous of exercises. But to develop into a great exponent it is essential you should keep yourself in perfect condition, and be for ever practising.

"One of the best ways of improving your play is to take part in the many public tournaments that are now held all up and down the country the whole summer through. True, you may be horribly beaten over and over again. But you must not allow such a really trivial matter to dishearten you. Indeed, at first you should not play to win, but for the glorious opportunity that tournaments afford of playing against really good exponents of the game and of studying their play. Moreover, even in practice you should be quite indifferent whether you win or not. Your aim should always be to strengthen your weak strokes. Naturally, without any effort in that direction, weak strokes will always be weak.

"In match play there are five golden rules to be borne in mind.

"Firstly, keep your eye on the ball, not on your opponents or the court. It sounds an easy thing to do, but I assure you it is far from easy.

"Secondly, keep your mind on the game, for absolute concentration is most important. Judgments have to be made with such lightning rapidity, and executed with equal promptness and dash, that the least undercurrent of thought may lose you the game.

"Thirdly, keep perfect control of your temper; it is terribly disappointing to see skill and brilliancy neutralised by this painfully common failing.

"Fourthly, keep your heart in the game—that is, never lose heart. Do not allow a defeat or so to dishearten you, but go on playing as doggedly as ever, regardless of the match and the result alike.

"Fifthly and lastly, keep your method on the move. What I mean by this is, vary your manner of play as much as possible. It is a very great mistake to keep up one particular method of attack or defence if it is not proving successful. A change of tactics has, in my experience, more a change of fortune in the game times out of number."

On the question of diet and training Miss May Sutton, the ex-champion, said:—

"I do not go in for any special training, except to play tennis whenever I can, and to go to bed early. I am no believer in 'fad' diets. I eat most things that are good, except pies and sweets, but I abstain from those because I am beyond the average weight, and I might get so that I couldn't move round the court if I ate pies."

IN THE ARENA OF SPORT.

Costly Accidents.

The accidents that have already occurred during the season to C. B. Fry, Wass, Blythe, and others remind us that cricket, like all other manly pastimes, has its risks. The dislocation of fingers and so forth are merely incidents in the life of a wicket-keeper, and in other branches of fielding, and in batting and bowling more or less serious accidents occasionally occur. The loss of the three men I have named, says the Cricket Notes in *The Daily News*, is being severely felt by their respective counties. Sussex, who were very successful in 1905, went down before Kent, and even had a severe struggle to avert defeat at the hands of Hampshire. In the match with Lancashire, Kent were at a loss in the absence of Blythe, when Tyldesley was running up his prodigious score, and in the end suffered defeat by ten wickets. Wass, whose bowling for Nottinghamshire has been quite one of the most noticeable features of the season, broke down, and the result to his county was a reverse at the hands of Surrey, while later the need of his bowling was felt in the match with Essex.

Tyldesley, the Stylist.

For Lancashire against Kent, Tyldesley compiled the enormous score of 295 not out. This is far and away the highest individual total of the season, and it has only infrequently been exceeded in first-class cricket at any time. Tyldesley has always appeared to me to be one of the most attractive professional batsmen we have ever seen. Generally there is a certain restraint about the professional cricketer's batting, but nothing of the kind is noticeable in Tyldesley, whose methods rather resemble those of the highest-class amateur batsmen.

More Colonials Coming.

The South African Cricket Association has accepted the invitation of the M.C.C. to send a cricket team to England next year. There will be three test matches, all of which will be played to a finish.

Veteran Walker's Feat.

Edward Payson Weston, the veteran long-distance walker, succeeded in his task of walking from Philadelphia to New York inside 24 hours, the distance being just 96 miles. Weston, who was one of the first six-day go-as-you-please pedestrians, is now 68 years of age. Over twenty-six years ago he walked 550 miles in 141 hrs. 44 mins., and exactly forty years ago he walked 100 miles (from Philadelphia to New York) in 23 hrs. 49 mins.—23 minutes longer than last week.

Fighter in a Funk.

The great match that was to come off between Battling Nelson and Aurelio Herrera fell through. Those qualified to know have always asserted that there was a yellow streak in the Mexican, and this was fully borne out, as, though Nelson was willing to allow him 9 lbs. over the stipulated weight (131 lbs.), he would not strip to fight. Nelson is now *en route* East, where the game is at the height of its glory in New York, Pennsylvania, and Massachusetts. Sandy Ferguson, who made a few appearances in London a few years ago at Wonderland and Woolwich, boxed Gus Ruhlin six rounds to a draw recently. Both were on the beefy side, and though the bout was interesting it was awfully slow, and championship form died inside a round.

Still Running at Seventy.

C. M. Callow, the veteran Civil Service athlete, turned out at the Civil Service Sports this season, and was returned the winner of the two miles' walk. Callow is a veteran of seventy years, employed at the Law Courts, and at the close of the meeting received a testimonial from his brother civil servants.

Amateur joins Portsmouth.

R. Ratcliffe, a young amateur, standing 6 ft. 2 in. and weighing 14 st. 7 lb., who has played with the London Caledonians and Wandsworth, and formerly with Derby County, has signed a form as a reserve goalkeeper for Portsmouth.

Famous Footballer Dead.

The death is announced, at the comparatively early age of thirty-six, of John Campbell, the famous Sunderland and Renton player. In June, 1888, Mr. Tom Watson, who had left Newcastle-on-Tyne to take over the management of the Sunderland Club, was casting about for players, and he paid a visit, in company with Mr. Tyzack, to Scotland, at that period the happy hunting-ground of English clubs who desired to pick up clever footballers. John Campbell, of Renton, was engaged as a centre forward, and the value of his services to Sunderland were incalculable. He was the pivot of the team in its palmiest days, when it was known as "the team of all the talents," and he always worked well with his wings, passed with excellent judgment, and was a deadly shot. His height was 5 ft. 9 in., and, as he scaled over 12 st., he was just the build for the onerous position he had to fill. Campbell died suddenly at Sunderland last night through the bursting of a blood-vessel.

READERS' CLUB.

President . . EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto. and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

News from the Cape.

Cape Mounted Police Depôt,
Maitland,
Cape Town, S.A.

SIR,—I have read with considerable interest the many letters appearing in your magazine recently under the heading of your "Readers' Club," all testifying to the efficacy of your excellent system, and feel that I would be wanting in my duty if I refrained from assisting, in however small a way, in the promotion of its interests.

I have now been a follower of your system for close upon four years, using your Developer and Spring Grip Dumb-bells, and am the proud possessor of the whole of your magazines from the date of first publication, viz., July, 1898, to your latest issues, all of which are bound in volumes, which I keep for reference, and from which I have gained much valuable information. I am also in possession of "Strength, and How to Obtain It," and "Body Building," as well as all your charts of exercises which you have issued from time to time.

I have gained considerably both in health and physique since having taken up your system, and have always enjoyed good health, not knowing what it really is to be ill, which fact I attribute to nothing else, but from the use of your Developer and Spring Grips, and the guidance afforded me through the columns of your magazines.

Since gaining a knowledge of your system I have always endeavoured to popularise it as much as possible amongst my friends, both by teaching and lending your magazines, my "Sandow Library" aways being at their disposal.

Recently, whilst living at King William's Town in the frontier districts of the Colony, I introduced your system amongst the schools there, and although I cannot say I received much encouragement from either the school authorities or the parents of the children, still in cases where the pupils attended my classes regularly many marked and beneficial results were forthcoming.

From the little experience which I gained in endeavouring to introduce your system amongst school children in that part of the Colony, you will pardon me if I reiterate here the opinion so often expressed by you in the pages of your magazine, viz., that Physical Culture (not physical drill, which is now very commonly taught in schools) should be made compulsory, and form a portion of the curriculum of every school, and that the sooner the educational authorities awaken to this fact the better it will be for both teachers and pupils, as the better will be the results both mental and physical—healthy minds in healthy bodies.

In many cases the pupils who attended my classes, and who were allowed by the authorities to come and go as they pleased, were far below the average standard of physique, and much could have been done for them if their attendance had been made compulsory.

I was also an honorary instructor to a ladies' and girls' club, which was formed by myself, and which is still continuing under my direction from here, and although their exercises partook more of the nature of the recreative element, on account of being performed to music, I am now endeavouring to introduce your system amongst them, and as an incentive have offered a gold medal for competition in Physical Culture, to be awarded to the competitor who shows the best knowledge and results from a six months' course of training under your system.

Since living in this part of the Colony, I have also set some of my acquaintances going on your system, and also given advice to others who had already taken it up, and hope to send you some photos. at a later date if you consider them good enough for reproduction in your magazine.

AIDAN W. HERLEY.

Pills and Medicines Failed.

Sheffield.

SIR,—I would like to thank you and your system for restoring me to my old standard. I would like to state that during our late war in South Africa I suffered from fever and dysentery. When I returned home I suffered from indigestion. This, I believe, was the result of my late illness. I tried pills and medicines of many kinds, but found no relief, until a friend advised me to try your system. I did so, and found a cure, and have since advised many others to follow the same treatment.

ALF. WEBB.

Was a Nervous Wreck.

Glasgow.

SIR,—Two years ago, owing to excessive study, without any attempt at Physical Culture, I was a nervous wreck. Any effort at mental concentration was abortive. Neuralgic pains kept me from sleep, the slightest noise caused the most severe palpitation, and night sweats became a regular occurrence. I was studying physiology at the time, and, with the usual arrogance of the average medical student, looked on Physical Culture with the serenest contempt, and the originators of such systems as men who possessed a maximum of muscle and a minimum of mind. However, during the summer vacation, a friend lent me two volumes (bound) of SANDOW'S MAGAZINE, and, after reading them, I thought I might do worse than follow the advice given. Dumb-bells, etc., were accordingly purchased, but I could not screw up courage to indulge in the cold bath, and so the winter passed, and a decided improvement was noticed. In the following spring I read "Strength, and How to Obtain It." The cold bath I saw was a necessity, and constant use of the Dumb-bells and Developers being presupposed, vitality and strength, mental and physical, could be the only result. To make a long story short, then: For the past year I have been in the possession of magnificent health, and, although for six weeks last winter I had to study constantly for 13 hours per diem, I was as healthy and as vigorous in nerve and body at the end as I was at the beginning. I may say that I think I obtained great benefit from the exercises, without apparatus, given in Volumes I. and II. of the magazine.

I have persuaded some of my friends to start Physical Culture this spring, and I think I am persuading others.

MUNRO CAMERON.

GUNNER A. COLLICUTT with his chum and trainer GEORGE TYSON,
Winner of Gold Medal and Silver Cup at the Kursaal, Southend, in addition to five other contests. Gunner Collicutt attributes his success to the Sandow system (see page 754 in last week's number).

Saved from St. Vitus' Dance.

Canterbury, New Zealand.

SIR,—I am now eighteen years old. At the age of fifteen I was delicate, and my parents did all they could for me. Soon after this age I took St. Vitus' Dance, and not even electric battery would aid me to control my nerves. I soon found the cure, and also remedy. You visited New Zealand, and I at once took a set of dumb-bell exercises. For six months I grew more robust, and my ailments and nerves became soothed and calm. I seemed to be able to control the muscles of my body, and at once started running, cycling, etc. I am now eighteen, and can pass any doctor or physician.

One word for my comrade. Nine months ago I went to the bedside of a young man who could not turn on to either side without aid. By careful feeding and good nourishment I got the young weakling on his legs. I helped him while he went through a course of exercises with his arms, and later he began to use his legs. So on he kept improving, till now he is walking about to different places, and also working lightly in the garden. He had, in the first place, rheumatic fever, then pneumonia, and lastly it went to his spine; but thanks to Mr. Sandow, he is now on the road to perfect health and strength.

STANLEY KINGSTON.

For Night Workers.

London.

SIR,—Before starting on Physical Culture, I suffered a great deal with headaches, and was very nervous, the least sound making my heart beat like a sledge-hammer, but I have been much better since I started. I am on night duty one week in three, and I find it a good plan to exercise on Chest Expander and Grip Dumb-bells fifteen minutes before going to bed in the morning and half-hour when rising in the evening, finishing with a good rub-down with a rough towel. This braces me up for a night's work. I think this is an excellent plan for those situated like myself. Wishing you and your magazine every success.

F. CRAWFORD.

Are you a "Crocodile"?

Bareilly,
United Provinces, India.

SIR,—I am still at your exercises, and it is unnecessary to again tell you of the benefits I have derived from your system. Many of my friends took up your exercises after they saw the improvement of health and strength in my case. I regret my inability to send you my photo. which I promised to do so, but unfortunately there is no able man here at present, so I will have to wait till October consequently.

My measurements are as follows:—Age, 22 years; height, 5 ft. 9 ins.; chest (normal), 35 ins.; chest (expanded), 41 ins.; biceps (R), 15½ ins.; biceps (L), 15 ins.; fore arms, 13 ins.; waist, 27 ins.; thighs (both), 22 ins.; calves, 15½ ins.; neck, 16 ins.

The above measurements are due to your admirable system, and before starting I was a mere "nothing," and any man who starts your exercises and does them properly by carrying out your directions will positively benefit by them.

I hope these few lines will do good to some poor unfortunates who are yet ignorant that there is such a thing as Sandowism in the land of the living. If young fellows will persist in going about with sunken chests and spindle legs, frightened to think, frightened to walk, and frightened to eat, lest they get the "blues," it is no fault of yours or mine. Really, as far as I am concerned, I abominate the very look of these crocodiles.

I am trying my best to get up a "Sandow's Exercise Club," and hope to have it flourishing by the end of 1906. At present we have only eleven members, but all good chaps and genuine Sandowites. No half-and-half business here.

PERCY SWEENEY.

Up to Nature's Standard.

East Ham, E.

SIR,—About eight years ago I was troubled with catarrh, and was frequently catching cold, much too frequently, in fact. I had tried various reputed remedies; some were remedies for a short time, and some not at all, and had come to the conclusion that I should always be the same. I may, perhaps, state also that, when about five years of age, I had congestion of the lungs, and possibly that had something to do with it. About a year or so ago, published in a penny weekly paper, were some exercises given by yourself for a number of weeks. I practised them with a pair of dumb-bells (I also purchased "Man in the Making," and about two months ago, "Strength, and How to Obtain It") and at present am practically as well as possible. My chest, arms, and back, my general health, are as near being to what Nature intended them, and though my lower limbs (being a cyclist) were fairly well developed, they also have improved. I might also add that I was subject to breathlessness, which has now completely disappeared, for I can now comfortably run up four flights of stairs, two at a time (not two flights), without a pause, and think that a moderately good test of one's lungs being in order.

P. WARNE.

Spreading the Cause.

Glasgow.

SIR,—For the past few years I have been an interested reader of your most valuable magazine, and, with great eagerness, I look forward to each week's issue. Words cannot express how much I have improved in both health and strength through following the sound advice and hints given by yourself and the many intelligent subscribed articles.

Since introducing your magazine into my place of business, three of the workers have gone in for Physical Culture in great earnestness, and all can vouch for the wonderful improvements both in their health and strength gained through using your Grips and Developers. I may say now they can retire comparatively fresh after their hard day's work.

JOS. LOUIS CASSIDY.

Upholding the Motto.

Tredegar.

SIR,—I look forward to Thursdays, the day your magazine is published, with as much pleasure as a schoolboy usually looks for Saturday (no school day). I use your Developer, Spring Dumb-bells, and I also have a punch-ball, which I think is also a great help. My occupation prevents me from exercising at a regular hour each day, but I always squeeze an hour out of every day for exercise, either morning or afternoon, but never immediately before I go to bed, as I find I don't sleep so well if I do.

With regard to the Club motto, one may help many, I uphold that motto to the best of my ability. I have now got three of my companions, young men, to buy a pair of Dumb-bells each, and we are going at it with a will that is very pleasant to see. They all show wonderful improvement in about two months. I pass my magazine round to them every week, and also I have lent them your book, "Strength, and How to Obtain It."

ROYSON BAKER.

MEASUREMENTS.

Age	27 years	Forearm (R)	11 in.
Weight	13 stone (stripped).	Forearm (L)	11 "
		Waist	33 "
Height	5 ft. 9 inches (without boots).	Thigh (R)	23 "
		Thigh (L)	23 "
Neck	16½ in.	Calf (R)	15½ "
Chest (con.)	37 "	Calf (L)	15½ "
Chest (exp.)	42 "	Hips	38 "
Upper arm (R)	15½ "	Ankle	9½ "
Upper arm (L)	15½ "	Wrist	8 "

Still at his Trade.

Edinburgh.

SIR,—I am an apprentice confectioner, and about three years ago I was sunk far down in ill-health, and my friends advised me to leave the trade, when I thought of Physical Culture. I got your Developer and a set of Dumb-bells, and, after a while, I began to improve greatly, and I am very pleased to say that I am still at the trade. I have been a reader of your magazine for the past eight months, and I have also got four of my friends to start reading it.

J. GOULD.

An Indian Enthusiast.

Bombay.

SIR,—I have been a close reader of your valuable magazine for the last four years, and I can truthfully assert that I have already benefited thereby.

Having come to understand that a Club Fellowship Medal is going to be awarded, I feel encouraged to try my best to gain one myself.

I have been exercising with your apparatus for the last six years, and am now in the best of my health.

MANEKSHAH FARDUNJI MULLA (Parsee).

[I insert this letter chiefly because of the great work Mr. Mulla has done in inspiring others to take up Physical Culture in India.—THE PRESIDENT.]

Two Wonderful Cures.

Kidderminster.

SIR,—When I was a youngster, up to the age of fourteen, I was very weak and delicate, and was told by a doctor that I should have consumption if I did not look after myself. He also said I had not to go to school till I was stronger, but he did not tell me the way. I got your book, "Strength, and How to Obtain It," and it pulled me through. I looked a thin, miserable shrimp then, and even now, at the age of twenty, I am not very muscular. I am fairly strong.

I have taken up walking as a recreation, and am getting fairly proficient at it, and can do the mile in 7 min. 30 secs.

I have another experience to tell. A manager at the works where I am employed suffered very badly from lumbago. I got him to do the abdominal and back muscles exercises, and he is now completely cured and he is loud in the praises of you and your work.

I work at a very sedentary job, namely, carpet-designing, and I want Physical Culture to keep me up to scratch. S. F. TURNER.

Now then, Ladies!

Hebble End, Hebden Bridge.

SIR,—I have been a reader of your valuable magazine for some time, but I have noticed the letters, etc., seem almost confined to the male readers. I think it would be far better if the lady readers would send a few of their experiences in Physical Culture, as everyone knows that both sexes should indulge in the most health-giving pastime. For my own part, I take a keen interest in Physical Culture, and go in for deep breathing, Developer exercise, and walking, which I consider a splendid thing. Having a good stiff walk over the hills like we have around this district is sure to bring about good results both in health and physique, or a roam on the moors for the benefit of one's lungs. If any female wants to bring that healthy look to her cheeks, I know of no better thing than walking. I should very much like to be enrolled a member of the club, and be the proud recipient of one of the medals, and hope to see more lady readers' experiences.

(MRS.) HARRY ASHTON.

Good for Swimmers.

[The following letter was sent to a Sandow instructor who had been giving demonstrations in Sheffield. It is from a well-known Sheffield solicitor.]

Sheffield.

SIR,—Just a line to let you know how I am progressing. Since seeing your demonstrations during your week's stay (16th to 21st April, 1905) in this city, my interests in Physical Culture have become more quickened, with the result that I shall not rest until I can present a figure that will at any rate be no discredit to myself and you, and bring forth no reproach on your methods of teaching.

I have faithfully carried out the exercises as you instructed me, and I am quite convinced that in them lies (simple as they are) all that which is necessary in body building and the making of healthy and strong men.

I need hardly say that *I was agreeably surprised, on seeing you stripped, at your splendid physique*, which alone stands out as a living and breathing recommendation that the lines and system of body training as laid out by you and your chief (Eugen Sandow) are those best fitted for adaptation.

By the daily use of your Exerciser I have strengthened my body considerably for swimming, and I would advise all water aspirants to so judiciously blend the one exercise with the other. You may use this letter in any way you see fit.

WALPOLE HILLER.

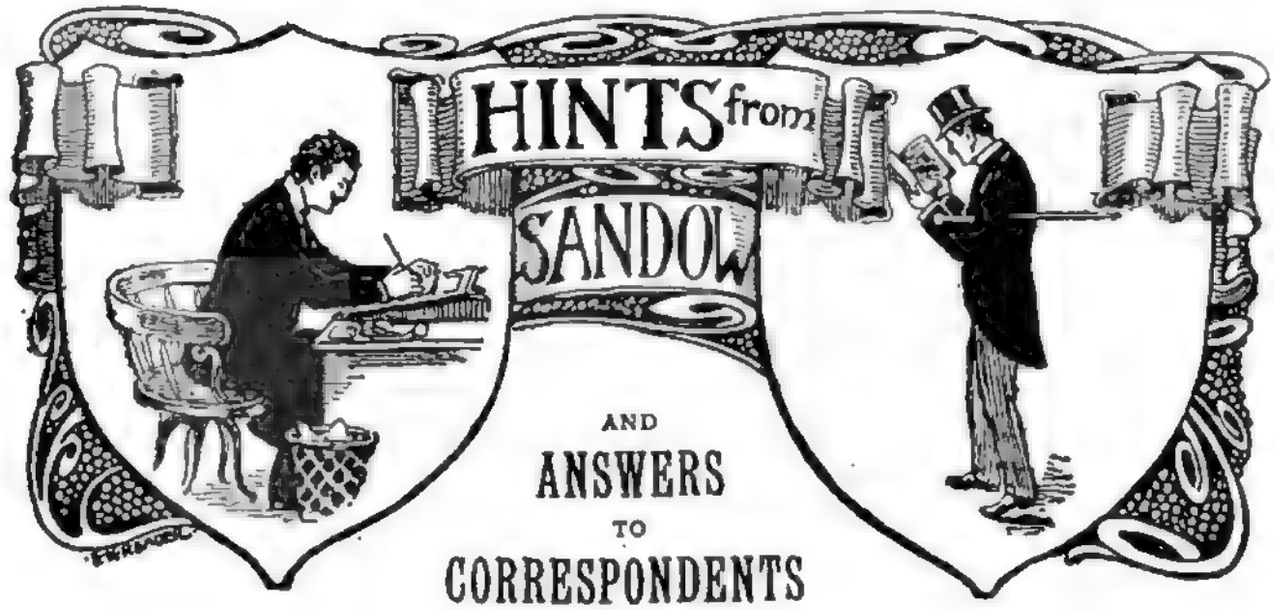
From a Gold Medallist.

The following letter is from the winner of the first prize in our January Competition :—

Chesterfield.

SIR,—As a constant reader of your magazine, and owing my present health and physical development to the use of your Developers, I write you.

I might say that I have taken part at one time or other in almost all kinds of sport. I have been a professional footballer, and have won a number of medals, taken part in local cricket, winning both batting and bowling average in one season at the Chesterfield Grammar School. Won a number of prizes in open amateur sports, also Old Boys' race at the Grammar School three years in succession. Swimming and neat high dive at the Chesterfield Swimming Club Sports this summer. Won the heavy-weight boxing open competition (silver cup) at the Chesterfield Athletic Club, of which I was appointed secretary and manager a year ago. The club is open on Tuesdays, Thursdays, and Fridays for members, and they have the privilege of going through a course of your exercises with Developers, Indian clubs, Dumb-bells, punch-ball, or a little boxing. It was whilst exercising with the developers, teaching younger members, etc., that my friends and members times upon times have persuaded me to enter one of your competitions, showing me some of the photos., etc., and saying I should win it easy, and such like. P. D. STANTON.



Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here.*

Value of Invention.

F. C. F. (SLOUGH).

Answer: It is difficult for me to form an opinion of your invention unless I am able to try it. Better send model, and, perhaps, show how your invention can be adapted for exercises with legs and feet.

E. H. (LANDRINDOD WELLS) writes: "Do you think the enclosed cutting from Friday's *Daily Mail* to be true? If so, I think a few facts on same would make very interesting reading in your mag. Kindly let me know the names of a few good athletes over forty years of age, that can well hold their own on your system.

[CUTTING REFERRED TO.]

"ATHLETE TO BE DEPORTED.

"New York, Thursday, June 7.

"Mr. Franklin Murphy, the well-known Irish athlete and bicyclist, who recently arrived as a first-class passenger on the Anchor liner Caledonia, was ordered to be deported to-day, the medical officers of the Immigration Department having declared that he is suffering from excessive athletics. They say that, although he is only twenty-eight, a giant in stature, and of apparently fine physical condition, yet he is actually on the verge of physical collapse.

"Dr. Stoner said that the muscular tissues were in process of decay, and the heart muscles are almost entirely gone. Mr. Murphy would, he predicted, in two years be unable to walk, and would become a public charge.

"Mr. Murphy was indignant when he learned the decision of the Immigration Board. He insists that he is in perfectly sound health, and that the deportation is an outrage."

Answer: It is, of course, possible that Murphy is in the condition reported. He may have an overstrained heart and accompanying incipient debility. At the same time, this is no argument against Physical Culture, which, if properly prescribed, or rightly carried out, is always beneficial to health and length of life. Anyone conscious of heart weakness should satisfy himself as to its extent by a medical examination, when he will learn to what extent his muscular efforts must be limited to conserve safety. I could fill a number of the magazine with names of athletes over forty, and it is a pleasing sight to see how most of them, by keeping in fair training, preserve their youthful health, strength and vigour.

W. H. S. (WALTHAMSTOW) writes: "I am writing to you to ask your advice. I am very fond of running, but at the age of 13 years I sprained the muscles of my back, and I find when

Answers to Correspondents

Are necessarily so brief as to leave much desired in regard to Readers' training.

—very much—to be the case where any proper direction of affects development.

This is especially with the early or ad-
ailment exists that gestion, constipation,

If you are troubled somnia, or other ner-
vanced stages of indi- disorders, you really
loss of vigour, in- continuous direction
vous and functional better of your trouble
need very careful and thus at the same
if you are to get the tion for your future
as quickly as possible, body and mind.
time lay a firm founda-
health and strength of

I will gladly assist you if you would like me to do so.

In the first place will you please apply for a copy of my book explanatory of my *curative treatment.* I shall be pleased to send it to you as a Reader free of charge, and post free. The book contains details in full, and also includes a blank form containing questions which you will find will enable you to state your case wonderfully clearly. My advice and direction of your treatment would be based on your replies to these queries, and as affected by later reports of your continued improvement under my personal direction.

Please address me personally, and I will quickly send you book and full particulars for your guidance.

EUGEN SANDOW, Dept. S., 17 & 18 Basinghall St., London, E.C.

running now that it still affects me, and also my ankles are a bit weak, as when right on my toes the ankles crack. I have just bought your Developer to see what that will do, as I do not like the idea of having to give up running. If you think it will be best for me to come and see you, I shall be pleased to call on you any time. My age now is 24 years."

Answer: You undoubtedly overstrained yourself at a time when not in proper condition for arduous work like running. The Developer, if used according to instructions in my book, will certainly build up your strength, wind and running powers. If you would like to consult me, write for an appointment.

Fresh Water Bathing before Breakfast.

G. S. (GRANTOWN-ON-SPEY) writes: "Do you think it is advisable for me to have a swim in fresh water every morning before breakfast? There has been some discussion here on this point lately."

Answer: It is all a question of your constitution. If you feel benefited, go ahead with what suits you. If you feel cold afterwards, or feel any other unfavourable symptoms, act accordingly.

Hardening Feet for Walking.

H. G. (GLASGOW) writes: "I intend going for a walking tour this summer, and shall be glad if you could inform me through the medium of your 'Hints from Sandow' column of any simple remedy for hardening the feet, so as to prevent blistering, etc. Thanking you in anticipation, and assuring you that your dumb-bell exercises have been a real boon to me."

Answer: Undoubtedly the best way to harden the feet is to walk barefooted as much as possible. Uncivilised people, by barefoot walking, have feet so hard that they can run over thorny and rocky places without injury. You might walk about indoors or in your garden. Cold water is hardening too. On your walking tour carry a small packet of permanganate of potash and mix a pinch with the water for washing your feet at end of day's tramp. This will prove very refreshing too.

F. J. (OXFORD STREET, W.).

Answer: Your friend would have no chance of getting on the stage, I'm afraid. At sixteen this ambition is very common. Let him go on with Physical Culture by all means, but when he is 20 or 21, it will be plenty of time for him to consider his stage prospects then.

G. B. (SWINDON) writes: "Would you please inform me if a glass of milk taken every morning is a good thing for strengthening a weak chest, and, if not, what would you advise?"

Answer: The taking of a glass of milk every morning is not sufficient to strengthen a weak chest. You can—and should—do much more to remedy your weakness. Better get a copy of my book "Strength, and How to Obtain It" (price, 2s. 9d. post free) and carry out instructions therein, even in exhaustive detail.

Life in a Doss-house.

The Rev. R. M. Julian, of Burnley, has reprinted some addresses which deal very forcibly with the social evils of the borough in which he labours.

"Only recently," he writes, "I spent a part of one night in visiting, with others, and under the care of the police, some of our low lodging-houses. It was one of the three lodging-houses where women are admitted. We went into the room where the "married" people slept. Only one room and that not a large one. There were eleven beds with eleven couples in them. The beds were so near together that a hand stretched out from one would touch the next one. There was no partition, not even a curtain, between these beds. There was no window open, and the air, even at that early hour of night, was indescribably bad. I cannot picture to you the scene; there was not the slightest attempt at decency, while the smell of the place was in my throat for three days after. In one of the beds, together with the father and mother, was a baby, and in another a child of three years old; there they slept in this reeking atmosphere, and there they were growing up in such scenes."

More familiar, but not less terrible, is the description of the child-life of Burnley. Two hundred and thirty-seven die in the first twelve months out of each 1,000 born. And what of those who survive? A large proportion of the mothers of Burnley work in the mills. Their children never know a mother's care, and if they grow up to swell the ranks of the incompetent and the profligate, who shall blame them? If, after the "half-timer" stage, when they rise at 5.30 in the morning to work in the mills until 12.30, as a preparation for afternoon "school," they grow to a stunted and unlovely maturity, with whom lies the responsibility?

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

The Evolution of Sex.

By Profs. PATRICK GEDDES and J. A. THOMPSON. With 92 illustrations. Fourth and Revised Edition. 6s., postage 4d. extra.

"The authors have brought to the task—as indeed their names guarantee—a wealth of knowledge, a lucid and attractive method of treatment, and a rich vein of picturesque language."

Hypnotism.

By DR. ALBERT MOLL. Fifth Edition, Revised and Enlarged. 3s. 6d., postage 3d. extra.

"Marks a step of some importance in the study of some difficult physiological and psychological problems which have not yet received much attention in the scientific world of England."—*Nature.*

Public Health.

By DR. J. F. J. SYKES. With numerous illustrations. 3s. 6d., postage 3d. extra.

"Not by any means a mere compilation or a dry record of details and statistics, but it takes up essential points in evolution, environment, prophylaxis, and sanitation bearing upon the preservation of public health."

The Natural History of Digestion.

By A. LOCKHART GILLESPIE, M.D., F.R.C.P. ED., F.R.S. ED. With a large number of illustrations and diagrams. 6s., postage 4d. extra.

"Dr. Gillespie's work is one that has been greatly needed. No comprehensive collation of this kind exists in recent English literature. All the important work that has appeared within the past few years is discussed so far as the limits of the book allow of discussion, and extremely little of value has been omitted. Not least interesting are the accounts of the author's own original work."

Degeneracy: Its Causes, Signs and Results.

By Professor EUGENE S. TALBOT, M.D., Chicago. With Illustrations. 6s., postage 4d. extra.

"The author is bold, original, and suggestive, and his work is a contribution of real and indeed great value, more so, on the whole, than anything that has yet appeared in this country."

The Child: A Study in the Evolution of Man.

By DR. ALEXANDER FRANCIS CHAMBERLAIN, M.A., Ph.D., Lecturer on Anthropology in Clark University, Worcester, Mass. With illustrations. 6s., postage 4d. extra.

"The work contains much curious information, and should be studied by those who have to do with children."

Physiognomy and Expression.

By P. MANTEGAZZA. Illustrated. Second Edition. 2s. 6d., postage 3d. extra.

"Brings this highly interesting subject even with the latest researches. . . . Professor Mantegazza is a writer full of life and spirit, and the natural attractiveness of his subject is not destroyed by his scientifc handling of it."

Evolution and Disease.

By J. B. SUTTON, F.R.C.S. With 135 illustrations. 3s. 6d., postage 2d. extra.

"The book is as interesting as a novel, without sacrifice of accuracy or system, and is calculated to give an appreciation of the fundamentals of pathology to the lay reader, while forming a useful collection of illustrations of disease for medical reference."

Man and Woman.

By HAVELOCK ELLIS. Illustrated. Fourth Edition, Revised and Enlarged. 6s., postage 4d. extra.

"Mr. Havelock Ellis belongs, in some measure, to the Continental school of anthropologists; but while equally methodical in the collection of facts, he is far more cautious in the invention of theories, and he has the further distinction of being not only able to think, but able to write. His book is a sane and impartial consideration from a psychological and anthropological point of view, of a subject which is certainly of primary interest."

The Races of Man: A Sketch of Ethnography and Anthropology.

By J. DENIKER. With 178 illlustrations. 6s., postage 4d. extra.

"Dr. Deniker has achieved a success which is well-nigh phenomenal. . . . The well-chosen and carefully-executed illustrations greatly enhance the value of the work, which we do not hesitate to pronounce the best small treatise on its subject which has appeared of recent years in our language."

Sleep: Its Physiology, Hygiene, and Psychology.

By MARIE DE MANACEINE (St. Petersburg). Illustrated. 3s. 6d., postage 3d. extra.

"The book is a complete and wonderfully interesting exposition, and as such ought to receive a hearty welcome."

The New Psychology.

By E. W. SCRIPTURE, Ph. D. (Leipzig). With 124 illustrations. 6s., postage 4d. extra.

"We have at present no work in English which gives in so compact a form so comprehensive a view of the subject."

Digitized by Google

THE EVERY DAY Series of Publications.

1 Exercise and Training
2 Baths and Bathing
3 Health in Schools
4 The Skin and its Troubles
5 How to make the Best of Life
6 Nerves and Nerve-Troubles
7 The Sight and how to preserve it
8 Premature Death, its Promotion or Prevention
9 Change, as a Restorative
10 Gentle Art of Nursing the Sick
11 Care of Infants and Children
12 Invalid Feeding, with Hints on Diet
13 Every-day Ailments, and how to treat them
14 Sleep and Sleeplessness
15 The Story of Life
16 How to do Business. A Manual of Practical Affairs
17 How to Behave. A Pocket Manual of Etiquette
18 How to Write
19 How to Debate. With Hints on Public Speaking
20 Don't: Directions for avoiding Improprieties in Conduct
21 The Parental Don't: Warnings to parents
22 Why smoke and Drink?
23 Elocution
24 The Secret of a Clear Head
25 Common Mind Troubles
26 The Secret of a Good Memory
27 Youth: Its Care and Culture
28 The Heart and its Function
29 Personal Appearances in Health and Disease
30 Alcohol: Its Use and Abuse

In Parchment Covers, 6d. each.
POSTAGE 1d. EXTRA.
3 Copies assorted, POST FREE.

Apply Sandow's Magazine, Book Dept., **131 Temple Chambers, London, E.C.**

Amusements.

THEATRES.

ADELPHI—At 8.30, "Taming of the Shrew." Mat. Wed. and Sat. at 2.15.

APOLLO—At 8, "The Dairymaids." Mat. Wed. at 2.

ALDWYCH—At 8, "The Beauty of Bath." Mat. Sat. at 2.

COMEDY—At 8.30, "Raffles." Mat. Sat. at 2.30.

COURT—At 8.15, "Captain Brassbound's Conversion." Mat. Wed. at 2.30.

CRITERION—At 9.15, "The Macleans of Bairness."

WYNDHAM'S—At 8.15, "The Girl behind the Counter." Mat. Wed. at 2.15.

WALDORF—At 8.30, "Shore Acres." Mat. Wed. and Sat. at 2.30.

DUKE OF YORK'S—At 8.20, "The Marriage of Kitty." Mat. Thur. and Sat. at 2.20.

GAIETY—At 8, "The Spring Chicken." Mat. Sat. at 2.

GARRICK—At 8.30, "The Fascinating Mr. Vanderveldt." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—At 8, "Col. Newcombe." Mat. Wed. at 2.15.

HAYMARKET—At 8.30, "The man from Blankley's." Mat. Wed and Sat. at 2.30.

LYRIC—At 8, "Othello."

NEW—At 8.15, "Dorothy o' the Hall." Mat. Wed. and Sat. at 2.30.

VAUDEVILLE—At 8, "The Belle of Mayfair." Mat. Wed. and Sat. at 2.15.

VARIETY THEATRES.

ALHAMBRA—At 7.45 "L'Amour" and Varieties.

COLISEUM—At 3, 6, & 9. "The Coliseum Revue," Tom Murray and Billie Burke.

EMPIRE—At 8, "Coppelia," and varieties.

LONDON HIPPODROME—At 2 & 8, "The Flood," Three Olympiers, etc.

LONDON PAVILION—At 7.30. Mat. Sat. at 2.15., La Milo, Atlas and Vulcana, Alice Pierce, T. E. Dunville.

OXFORD—At 7.30. Mat. Sat. at 2.30. "The King of Sahara." Mayme Gehrue, Vesta Victoria, etc.

PALACE—At 7.45. Mat. Sat. at 2. Guerrero, Rose Stahl, Les Trombetta, Mathews & Ashley, etc.

TIVOLI—At 7.30. Mat. Sat. at 2.15. Vesta Victoria, Harry Tate, George Robey, etc.

Digitized by Google

PHYSICAL CULTURE APPLIANCES,

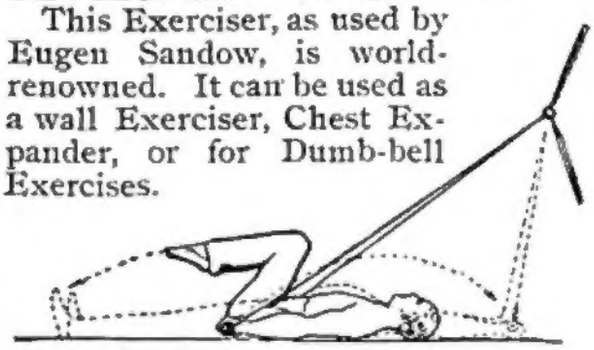
Of BEST QUALITY & VALUE

Can be obtained from Appliances Department,

SANDOW'S MAGAZINE, TEMPLE CHAMBERS, LONDON, E.C.

SANDOW DEVELOPER 12/6
postage 6d. extra.

This Exerciser, as used by Eugen Sandow, is world-renowned. It can be used as a wall Exerciser, Chest Expander, or for Dumb-bell Exercises.



PUNCH BALLS.

No finer exercise can be obtained than 10 minutes sharp practice with a good lively PUNCH BALL.

After careful selection we have decided that no better ball can be obtained at the price than the soft leather case with piped seams we are offering at the following prices :—

28in. **10/6,** 30in. **11/6,** 32in. **12/6,** 34in. **13/6.** POSTAGE 4d. extra.

Each ball is fitted with a pair of springs self-adjusting cords, with patent improved cleats and all necessary hooks.

PUNCHING BALL GLOVES.

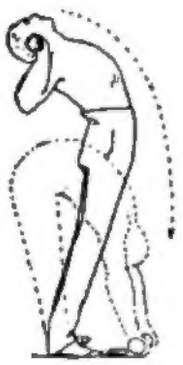
Well padded to protect the hands, tan leather, self-closing wrists, **3/-** per pair.

SANDOW SYMMETRION 12/6
postage 6d. extra.

The Ladies' Machine. Invaluable for the promotion of health. Producing a beautiful figure and increasing the strength.

It is not designed to create muscular development but to produce that symmetry of form which is all-important, hence it is called the "Symmetrion."

SANDOW GRIP DUMB-BELLS.



Child's Nickel-plated 2 spring -	**5/-**
Girls' Nickel-plated 3 spring -	**7/6**
Boys' Nickel-plated 4 spring -	**7/6**
Gents' Black Enamel 5 spring	**7/6**
Ladies' Nickel-plated 5 spring	**10/6**
Youths' Nickel-plated 5 spring	**10/6**
Gents' Nickel-plated 7 spring	**12/6**

HAIR FRICTION GLOVES.

Invaluable for use after exercise. Renders the skin healthy, soft and supple. Price **4/6** per pair post free.

MILITARY HAIR BRUSHES.

A good hair brush is a necessity. Brisk brushing removes scurf from the scalp and invigorates the growth of the hair. Pair of good Military brushes, in leather case, **3/6** per pair post free.

SANDOW CONCENTRATED EMBROCATION.

In the manufacture of this Embrocation on the best vegetable materials are used. Being strong it is rapid in its effect. Price **2/9** per tube, post free.

Digitized by Google

Specially introduced at the request of the Medical Faculty.

Fry's MALTED COCOA.

A Combination of FRY'S Pure Cocoa and ALLEN & HANBURYS' Extract of Malt.

THE value of Extract of Malt as a nutritive and restorative agent for delicate and exhausted constitutions is now fully acknowledged by the Profession, the extract being rich in muscle and fat-forming elements. It promotes moreover, in a special and peculiar manner, the solution and digestion of all farinaceous foods, and is therefore a valuable remedy in those diseases which arise from an imperfect assimilation of these substances. The presence of the active and valuable constituents of the Malt, unimpaired and in a concentrated form, is secured in ALLEN & HANBURYS' Extract by a very careful selection of the Malt used, and the greatest attention to the temperatures at which the processes of the mashing and subsequent evaporation *in vacuo* are carried out.

An ordinary portion contains more of the active properties of Malt than a pint of the best ale or porter.

The combination, therefore, of ALLEN & HANBURYS' Extract of Malt with FRY'S Pure Cocoa Extract supplies to invalids and all those possessed of weak digestive powers a delicious, refreshing, and invigorating beverage for breakfast, luncheon or supper.

Both of its constituents being highly concentrated, the MALTED COCOA is economical in use, and possesses highly nutritive properties, and on this account can be recommended with great confidence to the public.

THE OLDEST HOUSE IN THE TRADE. ESTABLISHED 1721.

REDUCED

SIZE.

How Embrocation aids Athletes.

Athletes *must* possess sound constitutions, perfect health, and strong supple muscles. Proper diet and systematic exercise will give the two former, **Sandow's Concentrated Embrocation** ensures the last—but not least. The importance of a really efficient Embrocation to Athletes in training is often overlooked and hardly ever used except in the case of a strain or sprain.

This is a great mistake. Embrocation should always be used *before* exercise, as massage with a good Embrocation enables the muscles to do more work with less fatigue; *after* exercise it relieves fatigue and brings comfort to the tired muscles.

Sandow's Concentrated Embrocation

does this, does it effectually and does it always. Regular use of this Embrocation brings and keeps the muscles in perfect condition, relieves muscular stiffness, and heals sprains, strains, bruises, or injured joints.

For **Rheumatism, Sciatica, Lumbago, Neuralgia, Colds, Sore Throat, &c.**, it is an unsurpassed remedy. It has cured Rheumatism of over 14 years' standing.

It is highly concentrated and thus rapid and certain in result. It cannot be spilt, is easily and exactly applied, and waste is impossible. It is convenient to carry, for there is nothing to break.

A 32-page booklet, with photographic illustrations showing the correct method of application for each of its many purposes, is presented with each tube.

Sold by all Chemists, Stores and Athletic Outfitters at 2s. 9d. per tube, or post free on receipt of a Postal Order for this amount direct from—

SANDOW'S EMBROCATION CO., Sandow Hall, Victoria Embankment, London, W.C.

Printed by THOMAS & BURCHELL, LTD., High Street, Poplar, and Published by the Proprietors, at 131, Temple Chambers, London, E.C.

Digitized by Google